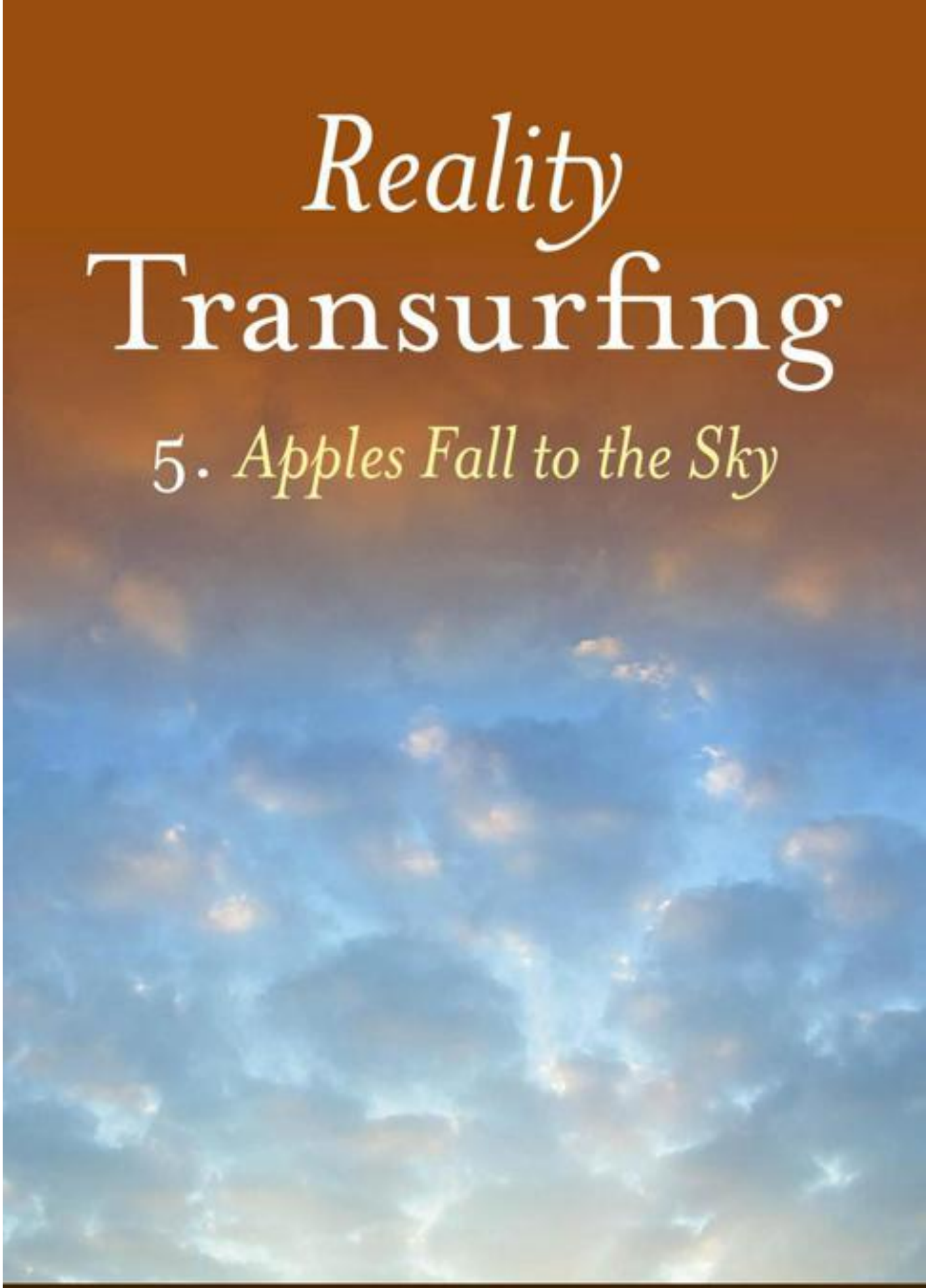
Reality Transurfing

5. *Apples Fall to the Sky*



VADIM ZELAND

Reality Transurfing

BOOK V

APPLES FALL INTO THE SKY

Vadim Zeland

Translated by Natasha Micharina

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Books in the series

Reality Transurfing 1:
The Space of Variations

Reality Transurfing 2:
A Rustle of Morning Stars

Reality Transurfing 3:
Forward to the Past

Reality Transurfing 4:
Ruling Reality

Winchester, UK
Washington, USA

PREFACE

Dear Reader!

In front of you, you've got the continuation of the book series on Transurfing – a mysterious aspect of reality, which has stirred up so many emotions within the reader community. In the previous book you learned that human beings are able to control reality, if they can get rid of the illusion of the dual mirror. In this book you will learn how to do just that.

When you wake up in a *dream you're having while sleeping awake*, it is as if you break out from the flow of events and find yourself in the middle of a huge kaleidoscope, which is slowly rotating, sparkling with facets of reality. You are a part of this reality and at the same time you exist separately, autonomously. This is exactly the same as when you become aware of your 'separateness', having regained consciousness in a dream, and realize that from now on you determine what happens in your dream, and not the other way round.

Under certain conditions, human thought energy is able to manifest one or another sector in the space of variants. This state, which in Transurfing is called *the unity of the soul and mind*, generates a mysterious power – *external intention*. Those who have personally tried applying Transurfing in their daily life tell with amazement of how their thoughts become realized in the most incomprehensible way, and how reality changes its appearance literally before their eyes.

For example, for some unknown reason, people around you start treating you with greater affection. Doors that previously seemed hopelessly shut open up. At the same time, you may notice quite interesting phenomena: a change in the 'shades of decorations', and 'ripples in reality', like ripples in water. The layer of your world restores its former freshness: ice-cream regains the taste it had when you were a kid, while hopes once again take on the delight of youth. But the most important thing is the characteristic feeling of internal freedom – the privilege of living according to your credo.

Curiously enough, there is nothing mysterious about this – everything is real. Therefore, when testing out the things you read here, make sure you're standing with your feet firmly on the ground, so that you won't fall into the sky from amazement and delight.

III

THE MIRROR WORLD

My world takes care of me.

The Dual Mirror

Reality appears in two forms: the physical form that you can touch, and the metaphysical form that lies beyond perception thresholds. Both forms exist simultaneously, reciprocally penetrating and complementing each other. Dualism appears as an integral feature of our world. Many things have their own opposite side.

Imagine yourself standing in front of a mirror. You act as a physical object that exists in reality. Meanwhile your reflection, which lacks material substance, is virtual, metaphysical, but just as real as the object it reflects.

You can imagine the world to be in the shape of a giant dual mirror; on one side of the mirror is the physical universe, while the metaphysical space of variants stretches out on the other side. In contrast to what you get with an ordinary mirror, the material world acts as the reflection, the original image of which is the intention and the thoughts of God, and also of all living beings – His incarnations.

The space of variants is a matrix of sorts, a template, according to which we get ‘the tailoring’, ‘the sewing’, as well as ‘the fashion display’ – the movement of all matter. Information about what should happen in the physical world and how it should happen is stored there. The number of various potential possibilities is infinite. A variant represents a sector in the space, where the scenario and decorations – that is, the trajectory and the shape of matter motion – are kept. In other words, the sector determines what should happen in every individual case and what it should look like.

Therefore the mirror divides the world into two halves: the real and the virtual. Everything that has obtained a physical form is in the real half and develops in accordance with natural laws. Science, as well as the ordinary worldview, only deals with the things that occur in ‘reality’. By ‘reality’ we usually mean everything that can be observed and is subject to direct impact.

If we disregard the metaphysical side of reality and only consider the physical world, then the function of all living beings, including that of humans, would come down to a primitive process within the limits of internal intention. With the help of internal intention, as you may know, a goal is achieved by means of applying direct action to the world around you. In order to achieve something, you need to take certain steps – to jostle, elbow your way, basically, do some serious work in order to get to your goal.

Physical reality is tangible – it immediately reacts to direct actions, and that creates the illusion that this is the only way you can achieve any results. However, within the framework of the physical world, the circle of realistically achievable goals is narrowed dramatically. In this case you are forced to rely only on what you've got. Everything hinges on the means, which are usually lacking, and on possibilities that are quite limited.

In this world, almost everything is permeated by the spirit of competition. Too many people want to attain the same things. And within the limits of internal intention there is, of course, not enough to go around. And where would you get the conditions and the circumstances necessary to let you achieve your goal? Well, from the space of variants, that's where.

Everything exists in abundance on the other side of the mirror, and does so without any competition of any kind. There are no goods in store, but the whole beauty of it is that you can choose any item, as if from a catalogue, and place your order. Sooner or later your order will be completed, and you won't have to pay for it – you only need to fulfill certain criteria, that's all – and they're not particularly burdensome. Isn't that like something out of a fairy tale?

Not at all. It is more than real. Thought energy never disappears without a trace – it is able to materialize the particular sector in the space of variations, the parameters of which correspond to your thought emission. Everything that occurs in our world only appears to be the result of material objects interacting. Equally important is the role played by the processes taking place on the ethereal plane, when virtually existing variants are manifested in reality. The cause–effect relations of ethereal processes are not always perceptible, and yet they nevertheless shape a good half of all reality. The materialization of sectors in the space of variants usually happens regardless of one's will, because human beings – not to mention beings who are less developed – do not use thought energy in a goal-

directed manner. As demonstrated in the first book on Transurfing, the impact of thought images on reality is mainly evident in the shape of the realization of worst expectations.

A person who has been grounded in 'the realities of life' is like someone roaming among the empty aisles of a store, trying to reach for merchandise that has already got the label 'Sold' on it. The only items in stock are of low quality, but even these have a high price-tag on them. And instead of simply taking a look inside the catalogue and placing an order, the person starts scurrying about in confusion, standing around in long queues, fighting tooth and nail to push through the crowd, as well as getting into conflicts with merchants and other shoppers. As a result, what he desires keeps slipping away, while problems accumulate.

Such a joyless reality arises first of all out of a person's consciousness, from where it is gradually materialized and turns into reality. Every living being, with its direct actions on the one hand, and its thoughts on the other, creates *the layer of its world*. All these layers are put on top of each other, and each living being thereby is making his or her own contribution to the shaping of reality.

The layer of this world is characterized by a particular set of conditions and circumstances, from which the life of any separate being takes shape (from now on, we'll be talking only about human beings). The conditions of existence can vary: favorable or not so favorable, comfortable or tough, friendly or aggressive. Of course, one of the more critical factors is the environment in which a person comes into the world. But thereafter life develops to a greater extent depending on the way a person treats himself and the reality around him. His experience of the world, in many respects, determines the consequent changes in his lifestyle. The sector in the space of variants that becomes materialized in reality is the sector with the scenario and decorations that correspond to the direction and nature of that person's thoughts.

Hence, there are two factors that contribute to the shaping of an individual layer: on one side of the mirror there is internal intention, and on the other side, external intention.

Through direct action, a person exerts an impact on the objects of the physical world, while with his thoughts he manifests things into reality that are not currently there.

If a person is convinced that all the best things in this world have already been sold out, then there really will be only empty shelves left for him. If he thinks that to get good products he will have to spend time standing in a huge queue and paying a lot of money for them, then that is what will happen. If his expectations are of a pessimistic nature and are filled with doubts, they will certainly come true. And if he is expecting to be met by an unfriendly environment, his premonitions will be realized. However, should the person become imbued with the innocent thought that the world has saved all the very best for him, this too somehow becomes manifested in reality.

One day, an odd fellow, unaware of the fact that nothing comes easy, finds himself at a shop counter – without a clue how he got there – where the assistants have just brought some goods, as if especially for him. And it turns out that the first customer gets everything for free. It's only later that a long queue forms, made up of those who are convinced that the realities of life are much darker, and it's only fools who ever get lucky.

Life is a game in which the world constantly asks its inhabitants the same riddle over and over again: 'Go on, guess what I'm like!' And everyone responds in accordance with their view: 'You are aggressive' or 'You are cozy.' Or 'You are fun/dismal/friendly/hostile/happy/ill-fated.'

But here is an interesting fact: everyone is a winner in this quiz! The world agrees and appears before every person in the shape that was ordered. And if the lucky odd fellow changes his attitude to the world once he has encountered 'the realities of life', reality will change accordingly, and throw 'the enlightened one' to the very back of the line.

That is how a person, by means of his thoughts, shapes the layer of his world. The explanation of the given process fits into a few principles. Let's state the first mirror principle: *The world, like a mirror, reflects your attitude towards it.*

The world literally agrees with what you think of it. But why, as a rule, do the worst expectations come true, while hopes and dreams do not? There are specific reasons for this – the second mirror principle: *The mirror image is shaped in the unity of the soul and mind.*

If the mind does not conflict with the rulings of the heart, or vice versa, then an unfathomable power – external intention – is born, which materializes the sector in the space of variants that corresponds to the

thought image. In the unity of the soul and mind this image acquires a well-defined outline, and is therefore immediately materialized in reality.

However, what happens most often in life is that the soul aspires, while the mind is full of doubt and won't let it; or the other way round: the intellect provides convincing arguments, while the heart remains indifferent. When the unity is broken, the image becomes blurred – it is as if it appears double: the soul desires one thing, while the mind keeps repeating something else. And there are only two things that unconditionally bring them together – aversion and fear.

Because if a person hates, then he does so with all his heart, and if he is afraid then his entire being is permeated with fear. In the unity of aversion a clear image of what you want to avoid is created. The soul and mind are like the two manifestations of reality: the material and the metaphysical come together at one point, and the thought form is turned into reality. As a result, whatever you cannot stand is what you will get.

Desires, in contrast to fears, do not come true as easily, because unity in this case is rarely achieved. The soul resists the mind, because the latter, having submitted to the influence of pendulums, is rushing towards someone else's goals. The mind, in turn, is either not aware of its true desires, or does not believe that they really can come true.

Some people are of the opinion that in order to achieve a goal you have to clearly state your order, and then release this thought form into space and forget about it for a while, so as to not interfere with the wish coming true. If only things were that simple…

This technique works only if the second mirror principle has been executed. However, the unity of the soul and mind can only be achieved in rare cases, because it is practically impossible to get rid of treacherous doubts. What do you do? There is a third mirror principle for this: *The dual mirror reacts with a delay.* If you cannot manage to fulfill the second principle, you need to take the fortress by a lengthy siege.

Imagine the following unusual situation. You stand in front of a mirror, and there is nothing there – a void. Only after a while does an image start emerging, as if on a photo. At some point you start smiling, but the reflection you see in the mirror still has a serious expression. Then you raise your arms, but nothing changes in the mirror. You immediately put your hands down, and again nothing has changed in the mirror. In order to see

yourself with your arms in the air, you will have to spend some time keeping them raised.

That is exactly how the dual mirror works. Except that the time delay in the mirror is much longer, and therefore the changes that occur in the mirror are imperceptible.

Material realization is inert, like tar. Still, a thought image, or a *slide*, as it is called in Transurfing, can certainly be materialized. And for that to happen, you only need to fulfill one basic condition: *you have to systematically play the slide in your mind, over a lengthy enough period of time*.

As you can see, the secret is simple, but it is really all you need. It is hard to believe how trivial things are. It's all about ordinary, routine effort – and absolutely no magic. It really does work – it's just that people usually do not have enough patience. They become inspired and enthusiastic over an idea, but then quickly grow cold and shelve the project. So, for the thought form to become materialized you have to do specific work with the slide. The worst case scenario is where you count on a miracle to happen – something you should not do.

How long it will take for the slide to become realized depends on the complexity of the set goal. As long as your mind doubts the feasibility of your plans coming true, the image remains blurred. But sooner or later some kind of image will start appearing in the mirror. You will see it for yourself when the external intention opens the necessary doors – opportunities for you to achieve your goal. That's when the mind will become convinced that the technique is bearing fruit; it turns out that the goal is actually realizable. Gradually, the soul and mind will come into unity, and the thought emission will become focused, having created a well-defined image. As a result a reflection will be formed, and what is commonly called a miracle will occur: the dream that seemed unrealizable will become reality.

The Amalgamation of Reality

By using the slide technique described in the first Transurfing book, you can shape the image that the world mirror will manifest in reality. But, besides creating a specific image, it would be quite good to maintain an invariable background that creates a constant favorable atmosphere in the layer of your world.

Perhaps you have noticed that in various mirrors your reflection looks different. The face appears to be the same, yet every mirror reveals different tones. Vague but rather perceptible nuances are highlighted: emotional coloring, mood and even psychological profile. In different mirrors your reflection can be kind or angry, healthy or sickly, attractive and unattractive, warm or cold.

What seems to be causing this disparity? After all, the reflective surface should dispassionately reflect an exact copy of one and the same image.

However, there are a number of factors that have a tangible impact on image transmission. Just like in a photo, a lot of things depend on the lighting, the color background, and also on the mirror itself.

As early as the Middle Ages, people noticed the peculiar charm of Venetian mirrors. Venetian glass was renowned around the world for its amazing quality. But it was not the glass that gave the mirrors that particular property. People noticed that for some reason it was much more pleasant to look in a Venetian mirror than in an ordinary one. The human face would become noticeably more attractive in the mirror image.

As it turns out, the Venetian masters had their own special secret. They would add gold to the amalgam – the composition of the reflecting surface – and that made it possible for warm tints to dominate in the reflection spectrum.

In a similar way, you could perfect a piece of the dual mirror just for yourself. In order to make your layer of the world a comfortable place, you have to form your own special amalgam. The layer of the world is composed of a multitude of reactions – a person's attitude towards himself, and also towards such-and-such manifestations of the surrounding reality.

As the dominant idea, for example, you could choose the following phrase: '*My world is taking care of me.*' People readily express their attitude in the form of dissatisfaction when there is a reason for it, while all the good things that happen to them they take almost indifferently, for granted. They do this unconsciously, reacting like an oyster, by force of habit.

So now go up a level, above that of an oyster: wake up and use your privilege to express your attitude consciously. Adjust your perception of the world in a goal-directed manner, in accordance with the dominant idea, and then you'll see how the mirror will react. This will be your first step towards controlling reality.

Remember when you were a child – the world really did take care of you, but you didn't cherish it and took it for granted. Take a look into the past. Perhaps something like this happened when you visited your grandmother in the country. Cast your mind's eye back to those days long gone, when you felt comfortable and serene. Fragments of memories sometimes appear very clearly. It seems as if a heavenly smell is coming from the kitchen – it is your grandmother baking cookies. Or perhaps you are sitting on a bank of a river with a fishing rod or going down a hill on a sledge… What was that like? Can you remember that characteristic feeling of placidity?

This happened because the world was taking care of you; you suspected this was the case on some level, but took little account of it. However, you didn't complain much either. You felt good, that's all. A child, even when he is playing up, doesn't put his heart and soul into his dissatisfaction. He will scream, stamp his little feet, wave his little hands, but the world is caringly and carefully carrying him, gently repeating: 'Well, little piggy, did you get yourself dirty? Well, let's go clean you up!'

As that little person grows, the world saves all the best for him, gives him many gifts of wondrous new toys, and takes care of him with love. The world cares about its charge. He is the world's favorite – its pet! The lucky little fellow discovers lots of new pleasures, because everything is new and fresh, but he is not aware of the fact that he is enjoying life in that moment. He understands this only many years later, when he remembers how great and wonderful things were in comparison to what he's got now.

But why do all the colors of life become dulled with time? Why is that light feeling of placidity replaced with worrisome anxiety? Because there are more problems as you grow older? No, it's because when a person grows old, he acquires the tendency to express a negative attitude. Dissatisfaction is a much stronger feeling than simply being satisfied because things are comfortable and calm.

Not realizing that right now he is happy, despite everything, the young man begins to place more and more demands on the world. The charge's requests grow bigger; he becomes more and more spoiled and ungrateful. The world, of course, doesn't have the time to satisfy all these rapidly growing demands, and the favorite is already starting to complain about everything. He changes his attitude towards the world: 'You are bad! You are not giving me what I want! You are not taking care of me!' And this

negative attitude is already imbued with all the power of the displeased soul and the capricious mind.

But the world is a mirror, and it cannot do anything but lift its arms in dismay and reply: 'As you wish, dear. Have it your way.' As a result, reality, as a reflection of the person's thoughts, takes a change for the worse. And when it comes to that point, the reasons for dissatisfaction increase, which in turn only worsens the relationship between that person and the world. And so the boy who used to be a favorite and a pet turns into a grumbler, whom fate has short-changed, who always complains that the world, allegedly, owes him – big time.

It's a sad picture. But our man doesn't understand that he ruined everything himself. When he sees unpleasant traits in the mirror's reflection, he focuses attention on them and by reflex expresses his negativity, as a result of which everything gets even worse than before. Reality in the reflection gradually grows dimmer, following the original image. That is how the layer of the world of an individual person loses the former freshness of its colors and becomes increasingly dark and comfortless.

But you can still get everything back to the way it was! That feeling of calm placidity, the way ice-cream tasted when you were a kid, the feeling of newness, hopes for the better, and the joys of life. And it is very easily done. It is so easy that it is difficult to believe. And you don't need to believe – just try it yourself. It doesn't occur to people that their layer of the world can be renewed if they bring their attitude towards the world under their conscious control. The way you shape your perception of the world – that is the way the world around you will appear before you. This is not an empty appeal to look at life with a sense of optimism; it needs a specific effort to shape your reality.

From this moment onwards, no matter what happens, make it a rule to keep your attitude under control. It doesn't matter that right now you are not feeling or doing as great as you would like. In any case, things are not that bad and, undoubtedly, you could be much worse off. After all, there are no rocks falling down from the sky, the earth under your feet is not on fire and you are not being chased by wild animals everywhere you go.

Indeed, the world has changed a lot since you grew cold to it. Remember how it cradled you in its arms, fed you your grand-mother's cookies, told you fairy tales? But you grew up, and a wall of estrangement was raised

between you and the world. Warm spontaneity developed into detachment, trust changed into apprehension, while friendship became a sober calculation. And still, the world did not get angry with you and did not leave you. It simply grew quiet with sadness and is now pacing along by your side, deep in thought, like an old friend whose feelings got hurt because of a cold reception.

Take a look around. Your world is still taking care of you. These trees and flowers were planted for you. This sun, the sky, the clouds – you don't notice them, but imagine what it would be like if they weren't there! And in the evening, after a hard day's work, you have the opportunity to rest and enjoy some coziness and comfort, while the cold wind howls and the rain pours down outside. The world still feeds you and puts you into a nice warm bed. When it looks at you, the world sighs with nostalgia for those happy times. But you indifferently turn away and fall asleep, firmly convinced that the world is worse now and that you cannot bring back the past.

But the world hasn't changed, just as a mirror cannot change. The thing that is different is your attitude, and reality has followed as a reflection of your thoughts.

But now rouse yourself, open your eyes, raise yourself a little from your cozy bed and have a look around: it is still that former world that took care of you and that you used to have such a good time with. Imagine how happy it will be when you finally wake up from this evil illusion!

Now you are together again, and everything will be just like before. Just don't offend this old loyal servant ever again with an ungrateful attitude. And most importantly – do not rush it. Because you know that in accordance with the third mirror principle, the world needs time to get back to its old self. At first you will need patience and self-control. You must understand that you are doing specific work in shaping your reality.

The job entails the following. When encountering any circumstances, even the most insignificant, keep repeating the amalgam phrase – in any situation, no matter what happens – good or bad. If you encounter luck, do not forget to confirm to yourself that the world is indeed taking care of you. State this affirmation whenever you experience something nice, no matter how small. When you experience an unfortunate circumstance, keep repeating to yourself, regardless, that everything is just the way it should be, according to the principle of coordination of intention.

No matter how things go, your reaction must be the same throughout – that the world is taking care of you in any case. If you got lucky, pay particular attention to this; if not, follow the coordination of intention principle, and you will always remain on a successful life line. After all, you don't have to know what hardship the world is guarding you against and how it is doing it. Jut entrust yourself to the world.

You must learn to trust the world. When people find themselves in a difficult situation, they have a pronounced tendency to count on their own power, rather than on a favorable concurrence of circumstances. A grownup child stubbornly bangs on: 'I'll do it myself!' So the world puts him down on the floor and gives him the opportunity to cope on his own: 'Of course, of course, my darling. Now run along on your little feet.'

Thaw the ice of distrust. Whenever you encounter a problem, even the smallest one, tell yourself: 'I allow the world to take care of me.' That doesn't mean you should do nothing at all and just sit on your hands. I'm talking about getting used to the thought that everything must turn out for the best by itself, by default. The mirror will flawlessly reflect your idea: 'Let it be exactly the way you think.'

Get yourself into the habit of allowing the world to take care of you, from trifles to the most important issues. Let's say you left your house without an umbrella, and it looks like it will start raining any minute now. There is no need to go back. Tell yourself: 'My world and I are going for a walk.' Say to your world: 'You'll take care of me, won't you?' And it will certainly reply: 'Alright, alright, my darling.' You can go ahead and put your trust in the fact that your world will take care of you. It won't start raining, and if it does, your world will provide you with shelter just in time. However, in case of failure, do not take offense because the world did not take care of the situation, if you had your doubts regarding that. Don't forget that you are standing in front of a mirror; your perception of the world is reflected, down to the smallest detail – no more, no less. Don't get too upset, or even worse, try fighting your doubts – it's useless. Leave some room for mistakes and failures. The most important thing is to keep going in the same general direction.

Actually, you can trust the world with many things, if you let it take care of you. You cannot deal with your problems on your own. Give them to the world – the world has immeasurably more opportunities to solve them than you. For example, you cannot escape all dangers with the help of your

intention because the layer of your world intersects a lot of layers that belong to others. Instead of directing your intention at your safety, direct it at shaping your world to be a world that takes care of you and protects you. Then the intention of your world will take over.

Depending on what worries you most, you can choose a special amalgam. Something like this, for example: 'My world picks out only the very best things for me. If I am going with the flow of variants, the world is moving towards me. With my intention, I myself shape the layer of my world. My world protects me. My world rids me of problems. My world makes sure that I live an easy and comfortable life. I place an order, and my world completes it. *I* may not know, but *my world* knows how to take care of me. My intention is being realized, everything is leading towards it, and everything is going according to plan.'

Or you could come up with a new, personalized amalgam or even several. The main thing, I repeat, is to arm yourself with patience and never get tired of stating the amalgam phrase whenever there is an opportunity to do so. Persistence is only required in the beginning, until you develop a habit. Then it will all be plain sailing from there.

This simple technique contains such a powerful force – you've got no idea. *By controlling your attitude towards the world, you are controlling reality.* The dual mirror will materialize those areas in the space of variations where the world is always taking care of your welfare. With time you'll shape a rather comfortable reality for yourself.

Prepare yourself, because a magnificent cascade of pleasant events is waiting for you. I say this without the least bit of exaggeration. The layer of your world will literally transform in such a way that you will barely have time to get surprised. And now, this very moment, you already understand that you will never look in the world mirror the way you used to. You have just experienced the wind of changes arising. It will take care of everything – be sure of that.

Chasing the Reflection

A human being, with his perception of the world, creates an individual layer of the world – a separate reality. This reality, depending on the person's attitude, acquires a certain nuance. Figuratively speaking, certain 'weather conditions' are being set here: morning freshness in the radiance

of the sun, or clouds and pouring rain, or as happens sometimes, a raging hurricane, or a complete natural disaster.

To some extent the surrounding reality is shaped, as is commonly believed, as a result of a person's direct actions. But thought forms possess at least the same power; it's just that their activity is not as obvious. In any case, the majority of problems occur because of one's negative attitude. And that is why the mess that you've made on a metaphysical level, you have to set right on the physical level, which only complicates things further.

Overall, the image of a separate reality depends on how the person is set towards everything around him. But at the same time, his frame of mind is determined by the things around him. So what we get is a closed feedback loop: reality is shaped as a reflection of a person's thought image; and the image, in turn, is in many respects determined by the reflection itself. A person standing in front of a mirror directs all his attention at the mirror, without trying to look at himself from within. And that is why the reflection, not the original image, plays the dominant role in the feedback chain. The person is in the power of the mirror, because he is like someone mesmerized, looking at his copy. It doesn't occur to him that he can change the original. It is exactly because of this obsession with keeping our attention on the reflection that we get what we actively do not want.

Usually, negative feelings have a complete grip over our attention. We are preoccupied with the things that we're not happy with. We think about what we don't want, and we don't want what we are thinking about. That's the paradox. But the mirror does not consider what a person wants or doesn't want – it is simply reproducing the *contents* of the image to the last dot – no more, no less. It's a completely absurd situation. We're constantly lugging around the things we cannot stand. It's not 'my tongue is my enemy', but my thoughts are my enemies. Despite all the absurdity, that's exactly the way it is.

What happens when you hate something? You put into this feeling the unity of the soul and mind. A sharp image, perfectly reflected in the mirror, fills the entire layer of your world. The things you hate are the things you get in excess in life. As a result you get even more annoyed, thereby magnifying the intensity of your feeling. In your mind you're sending everyone 'as far as possible': 'Bugger off, all of you!' And the mirror sends this boomerang back. You sent someone or something to an unpleasant place, and you've been sent to the same place. Does the amount of

problems increase? You bet! If you were to stand in front of a mirror and scream: ‘Buzz off!’, what kind of a reflection would you see in the mirror? A reflection showing you buzzing off, together with your world.

In much the same way, the object of condemnation enters the layer of the ‘accuser’. Imagine the following typical example: an angry elderly lady is looking at the whole world with reproach. She herself is a living incarnation of stern and infallible justice – she is ‘right towards other people and her conscience’, while the whole of the rest of the world is guilty and has to answer for not being to her liking. The image has been defined as precisely and clearly as possible. By looking in the mirror with such arrogance, she is creating tantamount justice; that is, there is injustice wherever she goes. And how else should the world react? It does not judge her, and does not justify itself either. The world, with its inherent quality, becomes just the way people imagine it to be.

The same happens when a person finds something unacceptable. For example, if a woman is distinctly negative towards alcohol consumption, she is bound to encounter it at every turn. Drunkenness will keep bothering her in various shapes, until she marries an alcoholic. The more intense a wife’s aversion towards alcohol, the more the husband will drink. From time to time he may make attempts to give up drinking. But she hates drunkenness so much that she literally savors her aversion and keeps repeating with a vengeance: ‘There’s no way you’ll stop drinking!’ And indeed, if her husband does not have a firm intention, the wife is so ‘obstinate’ in her aversion that she may implant her thought form in his layer of the world.

A tendency towards pessimistic expectations generally looks unattractive from the outside. An attitude such as ‘Oh well, it won’t work out anyway!’ is similar to sadomasochism. A pessimist gets perverted pleasure by reveling in his heavy burdens: ‘The world is as bad as it can get. Well in that case, to hell with it and with me!’ Such a pathological habit of getting kicks from negativism develops along with a predisposition towards bearing grudges. ‘I’m so wonderful, but you don’t appreciate that fact! Isn’t that the height of injustice! Well, that’s it – I’m offended now, so don’t try to persuade me otherwise. When I die, you’ll learn!’ And what do you get as a result? The picture of inevitable trouble is not only reflected in the mirror, but is firmly consolidated here. The offended person single-handedly sets

up an unfortunate scenario and then triumphs: ‘Well, what did I tell you?!’ While the mirror simply completes his order: ‘Whatever you wish…’

With the same fatal doom a loser describes his unenviable situation: ‘This whole life is total darkness, and there is no ray of hope anywhere to be seen.’ He tries his best not to wish for such a fate and therefore directs all his thought energy at complaints and moaning. But what can the mirror reflect if there is nothing but dissatisfaction in the original image? Whatever the image is: ‘I am dissatisfied! I don’t want this!’ – such is the reflection: ‘Yes, you are dissatisfied, and you do not want this.’ Again, only the fact itself is reflected – no more, no less.

Dissatisfaction is of the same paradoxical nature – it generates itself. There is one ‘golden’ rule that you could include in the textbook for complete idiots: ‘If I don’t like myself then I don’t like myself.’ And as odd as it may sound, this tautology contains a principle that a lot of people follow.

Take appearance, for example. It’s easy to see that practically all small children are very cute. Where then do all these grownups come from, who are unhappy with the way they look? From the very same place – from the mirror that returns all complaints. Those people who have a predominant tendency to admire themselves grow up to be beautiful – that’s their secret. They are guided by the rule: ‘If I like myself, then I get more and more reason to do so.’

It’s a completely different matter when an image tells its reflection: ‘Looks like I gained a little weight – I should lose a few pounds!’ The mirror dispassionately replies: ‘Yes, you are fat; you need to lose weight.’ Or this: ‘Looks like I’ve grown thin – I need to get ripped!’ And the answer follows: ‘Yes, you are puny; you need to work out.’ Reality answers like an echo, confirming what it heard.

And that’s how an inferiority complex cultivates itself. After low self-esteem, the appropriate sentence follows, which the mirror manifests in reality. ‘I haven’t got any special talents!’ – ‘Yes, you are untalented.’ ‘I don’t deserve a better fate!’ – ‘No, you don’t; you’ve got nothing else to rely on.’

And if, on top of everything else, the person has an innate feeling of guilt then he’s a gone goose. ‘I’m guilty! I have to work off my debt!’ – ‘Yes, you deserve to be punished, and you will get your punishment.’ And how can it possibly be different?

If a person feels guilt, even if he does so unconsciously, what must be reflected in the mirror? Some form of retribution for sure!

Do I even need to say that worries and fears are realized just as instantly? People fear so many things, yet most of them require a lot of energy to make them happen. Accidents and disasters are always anomalies that are out of tune with the balanced flow of variants. But if an unwanted event is situated not too far from the flow, it will certainly happen because someone is attracting it with his thoughts.

Doubts, on the other hand, work in a completely opposite way. In contrast to fear, which fixates attention on a potential realization of an event, doubt is more concerned with the idea that an event will not take place. But of course, in many cases doubts do come true, as if in spite. But why do we say 'in spite'? It only *seems* to people that a kind of 'sod's law' is at work. In reality, it is simply the mirror reflecting the contents of a person's thoughts, and nothing more.

In any case, the desire to avoid something greatly increases the likelihood of impact. Everything happens in defiance, which leads to the person often getting into a state of annoyance, or perhaps even remaining in such a state most of the time.

An irritated state completes the general image of the perception of the world. As a result you get an integrated image: 'I feel discomfort.' In accordance with this, an individual reality is constructed, where everything leads to this discomfort being maintained and indeed becoming worse.

With his negative attitude, a person himself paints the layer of his world black. Any attitude that receives a furious input of feeling from the soul and firm conviction from the mind is reflected in reality. And this happens literally, one to one, regardless of what the person is trying to express: attraction or aversion. Here the fourth mirror principle is at work: *The mirror simply reflects the content of the attitude, ignoring its orientation.*

What does a person do when he sees that things he doesn't want in his life are getting realized? Instead of taking a look at the image, he directs all his attention at the reflection and tries to change it. The reflection is the physical reality, and here you are forced to act only within the limits of internal intention. That is, if the world doesn't obey, and moves in a completely opposite direction, you have to grab it by the throat and drag it with all your strength to where you want it to be.

It sure is a difficult task. And in many cases it is altogether undoable. And all of this because the situation is completely absurd: the person standing in front of the mirror is trying to grab his reflection with his hands and do something with it.

Internal intention, by force of direct action, strives towards changing an already accomplished reality. A house has been built, but not the way you wanted it. So you have to take it apart and start over, but even so, it still comes out wrong. In such a situation, you get the feeling that you're sitting behind the wheel of an uncontrollable car. The brakes don't work; the engine either fails or roars full blast. The driver is trying hard to fit into reality but the car is acting in a completely unpredictable manner.

According to all logic, in order to pass an obstacle, you have to turn to the side; however, what you get is completely opposite to that: as soon as the dangerous obstacle has grabbed your attention, an impact is inevitable. The steering wheel turns in one direction, while you are being rushed in a different direction. And the more you press down on the brakes, the faster you go.

It turns out that you are not the one controlling reality; instead reality is controlling you. The feelings you experience are much like those you had as a kid: here I am, running around and crying my eyes out. The world doesn't want to obey me – 'Look how he hurt me!' I don't want to listen to anybody or understand anything. I am simply running and screaming, and my howl is modulated by my feet beating the ground. Do you remember now, how it happens? And why am I so muddle-headed?! Grownups are trying to explain something to me, but I have no desire to look into it. Everything has to be the way I want it – period!

I have become an adult, but nothing has changed – I still don't understand a thing. Just as before, I am stamping my foot and demanding that the world obey me. But the world does everything in spite, so once again I start running around and screaming. I am running towards reality, but the wind of internal intention is blowing in my face. It's all in vain – reality is controlling me; it is forcing me, as if I was some kind of an oyster, to react negatively, and because of that, things only get worse.

How do I drive this crazy car? What do I have to do – what mistake am I making?

Your mistake lies in the fact that you are looking at your reflection, never taking your eyes off it. That is the source of all your problems. So this is

what you should do. First of all, you have to stop chasing the reflection, and come to a halt. That means you have to tear your gaze away from the mirror and refrain from using the internal intention to turn the world to where you need it to turn. At that point the crazy car will stop in its tracks, and reality will stop too. And then an incredible thing will happen: the world will set out towards you on its own.

The World is Moving towards You

The ordinary human mind tries unsuccessfully to influence the reflection in the mirror, when you have to change the image itself. The image is the direction and the nature of a person's thoughts. The whole problem is that people first look in the mirror and only then express their attitude towards what they've seen. By doing this, they express their intention, voluntarily or involuntarily, which only makes reality worse. The tendency towards negativism gives rise to more and more new negative traits appearing in the mirror. The individual layer of the world is painted in gloomy colors and becomes filled with events that are quite unfavorable for its owner. When someone loses heart, the clouds in the mirror naturally begin to turn grey even more. And the moment you take an aggressive stance, the world immediately bristles up in return. Take note of the following: if you've fallen out with someone and abruptly expressed your annoyance, then directly afterwards, some other trouble will break out. And the more you get annoyed, the more insolently all sorts of new problems will cling to you – everybody will start bothering you with something.

A person is tied to the mirror with threads of importance. After all, everything that happens in the mirror is, basically, his life, and it is of great importance to him. He either likes what he sees or he doesn't. But in any case the content of his thoughts match the reflection and thereby they strengthen the present situation even further. To the extent that the image is in the power of reflection, the person becomes completely dependent on the reality surrounding him.

The more intense the feeling, the stronger the tie to the mirror. It doesn't matter *what* you are thinking; what's important is what you are thinking *about*. Whether you like the reflection or not, you are still thinking about it. The only thing that matters is the content of your thoughts. 'Unacceptance' is always aimed in the opposite direction: 'Just leave me alone!' or 'I'm so sick of it all!' But regardless of its direction, your attitude carries the object

of dissatisfaction. And an intense feeling that was born in the unity of the soul and mind gives the image its well-defined contours. As a result, all the things that correspond to *the contents of the image* start dominating in the reflection.

That is why poor people become even poorer, while rich people get richer – they are all looking in the mirror of the world, and in their own way every one of them is stating the appearance of the reality surrounding them. This reality draws you in, like a swamp. An old lady waiting in a queue to get her pension payment; a tired woman with heavy bags on a crowded bus; a sick person wandering from one medical facility to another. It is their thoughts that keep them in this gloomy reality. Meanwhile, someone is at that moment enjoying life: the sea, yachts, trips, luxury hotels, expensive restaurants – everything his heart desires. In all cases, regardless of the nature of the environment, the following fact is being stated: 'This is how we live.' Rather, *we live the way we think of our existence*. The mirror confirms and further strengthens the contents of our thought image.

And there is no point in citing the standard objections that, allegedly, the starting conditions are different for everyone: someone was born into poverty; another received a wealthy inheritance. Yes, the departing point determines in many respects how the statement of the way of life will start and develop in the future. But that in no way means that this 'starting capital' decides everything. There are plenty of examples of people from the very bottom layers of society getting into high society, and vice versa. Perhaps these are rare exceptions that only confirm the rule? That may be true, except that if these exceptions are nevertheless possible, then the rule is not that unshakable. No matter how deep the pit you find yourself in, you can always change everything, and the change will be radical. And it doesn't matter one bit that you have no idea how to make this happen. You do not have to know the specific way out – it will appear on its own. You think you are in the power of circumstances that you are unable to change. In truth, this is an illusion – a sham that you can easily destroy if you want to. The thing is that we are all walking in a closed circle, unaware of what is going on: *we observe reality – express our attitude towards it – the mirror consolidates the contents of our attitude in reality*. In order to transform reality, you just have to step out of the circle.

Let's say you're looking at the reality around you, and you think there is no way you can change it. Well, that is indeed true. With internal intention

you are trying to manipulate the reflection, but are unable to have even the slightest impact on it. There are too few opportunities on this side of the mirror. But you can take control over your attitude towards reality, and then external intention will take over, and there is nothing it can't do. On the reverse side of the mirror there are variants of events developing that the human mind doesn't even have a clue about.

So, in order to launch the mechanism of external intention you need to complete the fifth mirror principle: *Switch your attention from the reflection onto the image.* In other words, you have to take control of your thoughts. *Don't think about what you don't want and are trying to avoid; instead think about what you want and are striving to achieve.*

Take another look at the formula of the closed circle. A person literally moves along this *mirror circle* like a little donkey following a carrot on a stick. Tied to the mirror with his attitude – a primitive reaction to reality – he is just as unpretentiously trying to catch up with the reflection in order to change it. And now, let's try to reverse the closed circle: *we express our attitude – the mirror consolidates the contents of our attitude in reality – we observe reality*. What do we get now?

The primitive and helpless stating of our attitude ceases, and is replaced with an intentional and goal-directed statement of the image. Instead of habitually expressing dissatisfaction about what I've seen in the mirror, I turn away from the mirror and start shaping an image in my thoughts that I would like to see. That is the way out of the mirror labyrinth. The world stops, and then sets out towards me. And now I am no longer running – I am staying put; and this time reality itself is moving towards me, and there's already a different wind blowing in my face – the wind of external intention.

I did everything the other way round: I called off the pointless chasing after my reflection; I released the world and let it turn by itself in accordance with my thoughts. The mirror circle still remains closed, but I am no longer walking in the circle – it is spinning by itself, driven by external intention. My internal intention was replaced with external intention, because I refrained from attempts to manipulate my reflection. I am just purposefully shaping the desired image in my thoughts, while the dual mirror manifests in reality the corresponding sector in the space of variants.

The only difficulty lies in the unusualness of the situation. What's unusual is that the element 'observing reality' is put at the very end of the circle. People are more used to acting by the rule: 'What I see is what I keep drumming on about.' They send their outlook to the world, and the world, like an echo, sends back only the emasculated essence: 'I don't want it to rain!' – 'Rain, rain…'; 'I don't want to study!' – 'Study, study…'; 'I don't want to work!' – 'Work, work…' As a result, *purified contents of their attitude* are realized in reality.

You can imagine the following monologue given by the mirror, which is tired of all of this confusion.

'You're not doing well. Alright, what do you need to make you feel good? You don't want to do such-and-such. Well, perhaps you'll finally deign to clearly specify what you *do* want to do? You don't like this and that. Then just tell me, my dear fellow, what I can do for you!' It's all very simple. *A negative attitude has to be replaced with a positive attitude.* You should conduct a stock-taking of your thoughts and remove all 'dis' and 'un' particles. Dissatisfaction, unwillingness, unacceptance, disapproval, unlove, disbelief in success and so on – shove all of this garbage into a bag and throw it away at the rubbish dump. Your thoughts must be aimed at the things you want and like. That is when the mirror will start reflecting only pleasant things.

You have to understand that a favorable reality won't be created immediately. You will need patience and awareness. Nothing is the way it used to be anymore: *you are not reacting to the surrounding reality, but taking command and intentionally sending your thought forms into the world*. Despite an obvious negative reflection, you are expressing a positive attitude. Yes, in a manner of speaking, this is an unusual thing to do, but what is better: to be in the power of circumstances, like every ordinary person, or to have a free hand in being in charge of your own fate?

People's mood is formed as a reaction to the emerging circumstances, favorable or unfavorable. As a rule, a tendency towards negativism keeps your spirits low. Instead, you should do the opposite – intentionally create your mood yourself. The mere knowledge that I am able to control reality is already a mood lifter. With my intention I choose the colors for my reality. Regardless of circumstances, I get myself into an upbeat mood. I do this consciously, and do not react primitively to external irritants. It's necessary to develop this habit. A slide will help you create the right mood – a musical

slide, or a visual one – whatever you prefer. Ideally, it should be a picture, one in which your goal has been achieved and you feel fantastic.

On the other hand, be prepared that for some time there won't be any changes in the layer of your world. Or quite the opposite – problems will start popping up as if in spite. And so what? It's all a temporary inconvenience that has to do with 'moving' to a new level of your relationship with reality. Because you know that the mirror works with a delay. You have to stick to your guns, no matter what.

Keep calm during the pause while nothing is happening. It has to literally be the way it is in the old fairy tale: 'If you turn around, you'll turn to stone!' God knows what may be happening in the mirror, but I for one know this: it has no other option – sooner or later it will reflect the image I am creating in my mind. If I don't give in to the temptation to look back, but rather firmly hold my ground, my reality will take shape in the mirror. Everything will be the way I want it.

You have to feel as if you already have what you want, or are about to get it. Remember: the mirror materializes the things contained in your thoughts. For example, if you are not happy with the way you look, you look in the mirror and you don't enjoy what you see. All your attention is directed at the unattractive traits that you do not like about yourself, which is also what you state to yourself. You need to understand that you are reflected in the mirror of the world in accordance with the attitude you express towards yourself.

Make a new rule for yourself – to not look, but to *peep* at the mirror of the world. *Look for good things* in yourself, and *ignore the bad* – let everything pass through this filter. Concentrate your attention on the things you want to get. What did you use to do before? You stated the fact: 'I am fat and ugly. I don't like myself this way.' And the mirror only further consolidated this fact: 'That's right, that's exactly the way things are.' Now you've got a different task ahead of you – to seek out only those traits in yourself that you like, and simultaneously imagine the desired image in your mind. From that moment onwards, in everything you do, look and find all the new confirmations of positive changes taking place: *with every day that passes, things are getting better and better*. If you do this technique regularly, soon you'll barely have time to open your mouth in amazement. Basically, you first have to shape your attitude and only then look in the mirror, and not the other way round. Of course, it will take some time

before you get used to it. But the game is worth the candle. Now you will be the one controlling your reality, and not the other way round. With the inertia of material realization in mind, your reflection will gradually transform into a positive one. So many pleasant things will accumulate in the layer of your world that you will no longer have to persuade yourself to have fun. The mirror circle will start spinning effortlessly and spontaneously. The important thing is to make it move and make it go faster with your intention, and it'll be smooth sailing from then onwards.

'Surely not! I find that hard to believe…' a boring Reader will say. 'If only things were that simple…' Well, *if you don't want to believe*, then turn around, and have a good trip along the mirror circle – chasing after your reflection – perhaps you'll catch up to it. But *if you don't believe, but would like to*, then I'll tell you that belief isn't necessary in this case. You don't need to believe – just do the suggested technique, and then you'll see for yourself what will happen. For the ordinary mind, such things will always remain inconceivable because the work of external intention is imperceptible. The mind will never understand how, from its point of view, an unrealizable dream can come true. It will never believe that such a thing is possible until it comes face to face with the accomplished fact. So let the mind be – let it potter around in its doubts, while you do what you have to do.

'Well! It doesn't seem to be working…' a lazy Reader will say. Indeed, the mirror technique is too simple for some people to believe in its effectiveness. We are all used to difficult solutions to complex problems. People do not believe that their thoughts are indeed able to have an effect on reality, and do not take such things seriously, and consequently they don't even give it a try. This is the first reason why there are no noticeable results. The second reason is that people are usually inconsistent in their actions.

It's common for people to quickly get enthusiastic over an idea and then cool off just as quickly. But there are no miracles! You have to do some work, only in this case not with your hands, but with your head. How can a mirror that has a time lag really shape your reflection, if you only spent a moment standing in front of it and then ran away immediately after?

Now that you are familiar with the main mirror principle, the only thing left is for you to practice it. And that is actually really easy to do. *In order for the thought form to be fixated in the material reality, you have to*

systematically keep reproducing it. In other words, you have to regularly keep playing your goal slide in your thoughts. In contrast to useless daydreaming that happens only occasionally, this is specific work.

This way, having taken control over your feelings, which tie you to the reflection, you gain freedom from the mirror. Just don't suppress your emotions; they are only a consequence of your attitude. You should change the attitude itself – the way you react to and perceive reality. Having obtained freedom, you get the ability to shape the reflection you want. In other words, *by controlling the train of your thoughts, you are controlling reality*. The worst case scenario is when reality controls you.

Controlling reality can be carried out with varying degrees of fixation. The simplest and easiest method is the amalgam. It helps create a general background of comfort and wellbeing that is quite enough in most cases. Realization of a dream still requires a lot of patience and purposefulness, but everyone can use the mirror technique to the extent of his or her needs. It's as if everyone kind of understands it, but at the same time it sounds sort of vague, ambiguous. And that is why this kind of knowledge isn't used much. What should you do and how? You haven't got the time to engage with spiritual enlightenment, to comprehend the mysterious powers of nature and develop your own.

But now you've got a specific technique in your hands. You know why it works and what you should do. Just do it. Stop running in the mirror circle and you'll see: the world will start moving towards you.

The Intention of the Maker

So, in order to get the desired reality in the world mirror, you have to do a few basic things: intentionally shape the appropriate image in your thoughts, not paying attention to the delay in the reflection, and only sneak a peek in the mirror now and then, to search out any new manifestations of the emerging reality.

However, even when you are aware of the time lag, it is very difficult to adapt to this strange mirror. The conviction that reality either submits to you at once, as if you had a stick in your hand, or else is not subject to *any* control, has been firmly established in the human consciousness. Seemingly, if a wish does not come true immediately, then it is simply impossible: what cannot be done cannot be done. And the only thing left for us is to dream and treat magic as something ultra-mundane, unattainable.

We are all used to magic being separate from reality. The fantasy world is somewhere out there, in our imagination, while our real life happens here, where there is no escaping it and there is nothing you can do to change it. Magicians and psychics also live in their own special world, but ordinary people like us with ordinary problems – we are always suffering this grey reality.

But in truth there is no magic – there is only the knowledge of the principles of the dual mirror. This knowledge lies on the surface. It is so ingenious and ordinary that according to all the rules it cannot be 'magic'. But nevertheless, even Aladdin's lamp looked like an ordinary old can, and the Grail cup was not made of gold. All great things are inconceivably simple – there is no need for them to show off or hide. All things empty and useless, on the contrary, are always hidden under the cover of significance and mystery.

Magic that is rid of all fairy tale attributes, and integrated into everyday life, no longer belongs to the field of mystical and mysterious things. Magic loses its spellbinding mystery, because its place is here, in everyday life. But the whole beauty of this transformation consists of the fact that everyday reality, in its turn, no longer appears to be ordinary and transforms into an unfamiliar reality that you can control the way you can control a waking dream. And in order to do this, you only need to follow the mirror principles.

Let's assume that you are already familiar with Transurfing and you know how to work with goal slides. But time passes, and nothing is happening. It feels as if you sent a letter, and a reply is yet to arrive. The mind starts tossing and turning anxiously; it's becoming impatient. Or perhaps I'm doing something wrong? Or maybe it's all a bunch of nonsense?

In reality, the world is not standing still – the process of materialization of the reflection in the mirror is going on. It's just that this process is imperceptible and that is why it seems as if nothing is happening. In such a moment the scale of the mind is wavering between the knowledge that the mirror reacts with a delay, and the old habit of observing an almost immediate correlation between a direct action and the subsequent result.

What is the mind thinking if the result can't be seen? It is thinking that the action is ineffective or wrong. And what does the mirror reflect in that

case? Correct: *it reflects the same thing.* In this way, the process slows down or deviates.

We could imagine roughly the following dialogue taking place between the mind and the world:

I want a toy!

Of course, my dear, whatever you want!

But you promised!

Well, yes, I did. You asked, and I said that you would have a toy. I think you were quite happy that you were going to get it.

But you didn't understand at all! I want a toy now, right this very minute!

No, I understand completely: you want it right now.

Then where is the toy?

Indeed, where is it?

Looks like we've got an idiot here.

Undoubtedly so.

Damn it – I completely forgot you're just a stupid mirror. What was it I had to do to interact with you properly? Ah, that's right, I remember now: *you* give *me* the toy.

Okay, okay, my darling.

Well, what's going on – are we going to get the toy now?

Of course, pumpkin. Come here, I'll carry you there in my arms.

And so they set out to get the desired present. Now the only thing left is to arm yourself with patience and devote your time to festive preparations. The soul is singing, while the mind is rubbing its hands with satisfaction. And why shouldn't it be satisfied? After all, it is off with the world to get a toy! A transurfer must understand: a choice that has been made turns into an indisputable law that will inevitably come true. And in order for this to happen, one only needs to fixate his attention on the end goal. But people are never satisfied.

Listen, are you sure we're going the right way? I can't see any toy stores here.

Don't worry, my dear, it's not long now.

But when exactly will we get there? No… you know, I think we've strayed off into some back streets.

You think so?

Yeah, just as I thought – we're lost!

As you say, my dear. You know I always agree with you.

Stupid mirror! I knew I couldn't rely on you! Where have you taken me?

I just wanted to take you to the park, the one that's on the way to the toy store, so you could have a ride on the merry-go-round…

People feel insecure if they're being led blindfolded. Their mind just cannot come to terms with the fact that nothing is happening or that events are unfolding in a way that wasn't planned. The mind works like a cybernetic machine: if the algorithm of work is violated, a red light goes off. The difference between the two is only that the mind creates the program-scenario on its own, naively assuming that it is able to calculate all moves in advance. The primitivism of so-called 'common sense' consists of the mind not only setting the stereotype action program, but insisting on it. In the moment that the choice is made, that is when the final goal-image is set, and the world mirror receives an order and begins to realize it according to a specific plan. How the reflection of the image should be realized is something only the mirror knows – this path remains incomprehensible to the mind. But then, when the mind sees that events are unfolding according to some strange scenario, it starts sounding the alarm, and the person grabs the world by its throat. Because he has to do something about it! He thinks that nothing is coming of it, and he thereby distorts the goal slide. In addition to everything else, he starts taking action in order to support his scenario, so once again he is interfering with the realization of a plan he knows nothing about, a plan that indeed will lead him to success. Basically, he is not letting things develop naturally and is actively interfering with the process.

In this way, a person who clings like grim death to his scenario – which he thinks provides the path to his goal – is actually, through his very actions, preventing this goal becoming realized. And that's not all. With his irrepressible desire to get the 'toy' as soon as possible, he builds up such an excess potential that the mirror becomes literally distorted. And what can you expect from a distorting mirror?

Desire, as such, is also necessary, because without it there is no striving. If you were also to add the determination to act, you would get the intention to achieve your goal. But if one adds doubt in the reality of its achievement plus fear of failure, you get *longing*. This is exactly the same as *importance*,

which you consciously have to keep lowering. A desire on its own does not create a noticeable importance potential – it arises when you grab the world by its throat with your doubts and fears. People usually reason the following way: *I want something, but I fear that nothing will come of it, or I doubt it will work*. By making themselves bear the weight of responsibility for success or failure, they set tough conditions for themselves and the world.

People expect something from the world, but demand it from themselves. As a result, you get a triple distortion of the mirror: *I want, I fear, I won't let go*. A distorting three-sectioned mirror.

If you think that intention is a firm mindset *demanding* from the world what the world supposedly owes you, then you won't get anything. If you *ask* the world for the things you want, then again you will be left empty-handed. Understand, all you need to do is to place an order and *allow* the world complete it. You are simply not letting the world do it, because you *demand, ask, fear and doubt*. The world in that case is also demanding something, asking, fearing and doubting; that is, it is a perfect reflection of your attitude. Because the world is just a mirror.

You need to get a sense of it. Let go of the world – allow it to be comfortable for you right this minute. This unstable, fleeting sensation passes quickly, but you have to catch it. Imagine for a moment an incredible thing: the hostile, problematic, difficult and uncomfortable world suddenly becomes joyful and comfortable for you. *You are allowing the world to do this*. You decide.

The idea is not to become happy by definition, but to let happiness into your life. We are happy to the extent that we allow ourselves the possibility of incredible luck. You shouldn't force yourself to be happy; instead allow yourself such a luxury. Simply entrust yourself to the world – it knows better how to reach the goal, and will take care of everything itself. After all, you don't worry about how an ordinary mirror is able to reproduce an image with such amazing preciseness, do you? When standing in front of it, you are only thinking about what you would like to see in the reflection. And the world mirror works just as flawlessly, only with a delay.

And in case you can't get imbued with the conviction that you can really trust this world, there are two more mirror principles. Perhaps, for some people, it is easier to follow instructions. But before you familiarize yourself with the sixth and seventh principle, let's recall the *fifth*.

Let's assume that you have identified your goal and have started working systematically with the goal slide. You are aware that results won't be immediate. And yet your mind starts fidgeting anxiously: time is passing by, and nothing is happening or things happen that are completely opposite to what you expected. At moments like this, when doubts are about to take over all your thoughts, activate your awareness. You've forgotten about the rule: 'Turn around – and you'll turn to stone.'

Attention must be fixated on the end goal, as if you've already achieved it. The world keeps moving towards you as long as you're focused on the image. But the moment you turn to the reflection in the mirror, where god-knows-what is going on (or nothing whatsoever is happening), the world stops, and you resume your exhausting and fruitless running in the mirror circle. You will have to constantly remind your mind that the mirror works with a delay and it needs a certain pause to shape the reflection, that is, to realize the image in reality. During the pause you must stick to your guns no matter what; believe in success in conditions when everything seems to be going to rack and ruin. The extent to which you have the audacity not to submit to despondency will be the extent of how much you will receive. That is genuine magic for you, stripped bare of magical attributes, but containing real power nevertheless. You should only look back at the mirror that is expressing your attitude to what is going on, in order to underline positive progress and allow yourself to experience the feeling of a pleasant surprise. In other words, your eyes must be wide open to all the things that indicate that the world is moving towards the goal, and be closed shut to accompanying (and inevitable) negative manifestations. If you have enough tenacity 'not to look back', then, as a rule, results surpass all expectations. You will not only be given a toy, but you will be also taken for a ride on the merry-go-round, and have ice-cream for a treat.

In a very general sense, the rule of interacting with the mirror could be phrased in the following form. *When looking at yourself in the mirror, you shouldn't try to move the reflection, but the image itself – your attitude and the direction of your thoughts.* In other words, you should be '*moving yourself*', and not trying to grab the reflection the way a kitten does when he's playing with his 'double', unaware that it is himself he is playing with. The famous Russian musician and philosopher Boris Grebenshchikov wrote a song that contained the following lyrics: 'She knows how to move herself… To the full.'[1]

Having spun around your axis, you are watching the world slowly and with a delay turning after you. You do not rush to grab it to make it spin. That is the difference between the *internal* and *external intention*. Internal intention forces you to try to manipulate the reflection. With the external intention, however, you leave the mirror alone and focus your attention on the image of your thoughts, thereby receiving at your disposal a real power that is able to move the world. 'Mama, what're we going to do when she moves herself!'[1]

The secret behind this power lies in loosening your grip. The human mind gives a hostile reception to the tiniest of what it thinks are unforeseen circumstances, and also to the most insignificant deviation from its planned scenario. Promptly following this comes the reaction that is just as natural as it is primitive – to try to put things right; that is, to object, reject, hold its ground, argue, shift, take militant action, and so on. Basically, the mind grabs the reflection and tries to get its way.

Of course, if your attention is glued to the mirror, you come under the illusion that you only need to stretch out your hand, and reality – because it is here, right in front of your nose – will immediately submit. No such luck. A kitten is slow-witted and therefore falls for the deception when he plays with an ordinary mirror. Yet a person, who is one step above the kitten in the level of consciousness, falls into the same trap! The only difference is that the illusion of a dual mirror is more refined, nothing more.

So, you have to take your hands off the mirror and let the world *move*. In the majority of cases there isn't any need to take militant action – it's quite enough to flexibly and gently follow the unfolding of events. As you may have learned from the previous books on Reality Transurfing, the flow of variants, if you don't interfere with it, directs the development of events along the optimal course. The primitive mind tends to beat the water with its hands and row against the flow, upholding its ideas. Now, in order to free yourself from the illusion, you have to turn the shortsighted intention of the mind in the opposite direction – let it dynamically correct its scenario, including all unforeseen things. This will be an unusual task for your mind, but it is the only way that allows you to step out of the kitten role.

So, the sixth mirror principle reads: *Loosen your grip and let the world move with the flow of variants.* Internal intention changes its direction to the opposite, which leads to the following paradox: having given up control, you get real control over the situation.

Take a look at all the things around you, with the eyes of an observer. You are part of the stage play and at the same time you are acting detached, noticing any movement in the surrounding environment. If you are offered something, do not be in a hurry to decline. If you get some advice, try to think about it for a moment. If you hear someone else's opinion, do not rush to get into an argument. You think someone is doing something wrong? Let them do it. Circumstances have changed – there is no need to sound the alarm – so try to accept the changes. Whatever you do, take the easiest path. If you are confronted with a choice, give preference to the option that comes more easily.

This doesn't mean that you have to agree with everything completely. It is one thing to close your eyes and give yourself to the power of the current carrying you away, and it is a completely different thing to intentionally and consciously be moving along with the flow. You will know yourself where you need to pull on the reins, and where it would be better to consciously give in. Release the world and watch it move. Watch it as a wise mentor would, leaving freedom of choice with his adolescent pupil, only occasionally giving him a push in the right direction. You'll see how the world will start spinning around you.

Now has come the time to get familiar with the last mirror principle – the most important and most powerful principle. Along with its perfect reflecting ability, the mirror has one quality: right becomes left in the mirror, while space that is rapidly moving away is actually moving in the opposite direction. People have long become accustomed to this quality of the mirror and have learned to convert the illusion into reality in their mind. But the mind still cannot handle the illusion of the dual mirror.

The problem lies in the human tendency to see bad in good, to turn the positive into a negative, while interpreting what's good for us as an example of ill fate. In truth, the world is not predisposed towards plotting against its inhabitants. Trouble is not a norm; that is why there is always more energy spent on overcoming it. And nature does not waste energy in vain. The flow of variants is always moving along the path of least resistance. One could say that it is *following the path of a favorable concurrence of circumstances.* The great bulk of problems are created by people themselves, when they beat the water with their hands and row against the current. But the main thing is that a tendency towards negativism generates an image accordingly, which the mirror then manifests in reality.

Remember: the only thing the world is doing is producing a perfect reflection of your attitude to reality. No matter how gloomy the reflection appears, it will become even worse if you treat it as negative. Just as the negative will turn into a positive if you declare it as such with your will. Any circumstance or event carries an unfavorable as well as a useful potential for you. By expressing your attitude at this crossroads, you are determining the subsequent course of events that will develop in a fortunate or unfortunate direction.

In any, even the most unfavorable event, you will always end up benefiting from it, if you do the *seventh* mirror principle: *Perceive any reflection as positive.* No matter what it is, you cannot know for sure whether it's good or bad for you. So make sure you choose the best!

Moreover, when everything is turning out well, you shouldn't treat it with indifference, as something that you take for granted, but instead you should celebrate it with joy, focusing your attention on the fact that everything is going great. Whatever is happening, *everything is going to plan*. This is nothing else than the famous *principle of intention coordination* – how it works has been described in detail in the first Transurfing book.

For example, say you've encountered a problem. You are the only one who can decide at the crossroads whether to call it complicated or simple. A tendency towards negativism and weariness, because of a difficult life, makes a person groan beneath the weight of oppression of the problem, and gloomily state: 'Oh, how hard this is to bear! It's a very difficult task.' And the world immediately agrees: 'As you wish, my dear.'

It always agrees. And if that is the case, do the opposite. Tell yourself: *'Everything has a very simple solution.'* Even if it's difficult to do, call this problem simple. Let it be a postulate. Because a problem, in effect, is made difficult by one small detail – the accompanying circumstances. So, this small detail is determined by your attitude. And the world will once again agree with everything. *Regardless of what is going on.*

'Is everything going haywire?'

'Of course not,' you'll say. 'Everything is just great!

And with a face of a complete idiot – or so it might appear to a 'reasonable' person – you rub your hands in satisfaction ('That's it, very nice!') or clap your hands, or jump for joy. And then, soon enough, you discover that indeed the circumstance that seemed unfortunate is actually playing into your hands. This quality of the mirror always acts so

unexpectedly and in such a strange way that it is impossible to get used to it. Every time a defeat starts turning into a victory in front of your eyes, you will experience a delight unlike any other, so that you want to exclaim: ‘It cannot be! It’s got to be some sort of magic!’

In times past, when you operated from the point of ‘common sense’, you reasoned very differently, and that is what made you receive all the hardships and privations of life on a large scale. From this moment onwards, every time you encounter any misfortune or problem, keep in mind that the world will in every case agree with your attitude to what is going on: ‘As you say, my darling.’

Can you imagine what you’ve got in your possession? There is no longer a need for you to hope and wait for the bluebird of happiness to deign to pay you a visit, or for the wheel of Fortune to turn in the right direction. *You are the lord of your fortune.* With your will, you are declaring any event or circumstance favorable and acting for your benefit.

This is not simply hoping for the good will of a world that takes care of you because it loves you. Because the world is a dispassionate mirror and if it cares, then it does so only because you are ‘looking into’ it. It is not confidence, which can be shaken by circumstances at any moment. It is not self-assurance, which is based on a blind faith in success. And it is not even an optimistic personality trait. It is *the intention of the Maker*. You yourself shape the layer of your world – you make your reality.

You are the Maker of reality, if you know how to ‘move yourself’, as well as giving freedom of movement to the world. To move yourself means to follow the three last mirror principles. A Maker is not so much an active agent as an observer.

Not to subdue, but to *allow* – that is how your will is different.

Now you know how to use this amazing dual mirror. You’ve now got nothing to fear in a world that everyone else considers hostile, problematic and tough. The world is yours! Take it by the hand and tell yourself: ‘My world and I are on our way to get a toy!’

The League of Mirror Makers

It would seem that everything is clear when it comes to fate in Transurfing – it can be free by virtue of the existence of the space of variants, and you can control it by following the principles of the dual mirror. And yet we should devote a little more attention to this topic.

Here opinions are divided. Some think that fate is in the hands of its owner. Others believe that it has been predetermined. While yet another group of people go even further, and view fate as a lot or doom sent to human beings from above and determined by their actions in their past lives. What point of view is closest to the truth?

Every single one of them. All these positions are correct and are even equally right. And can it be any different in a world that is a mirror? Anyone standing in front of it gets the confirmation of the image of his thoughts. There is no point in asking the mirror whether you are destined to see your face happy or sad in the reflection. On the one hand, the things that exist are reflected there; and on the other hand, the way I wish to see myself – that's the way I'll be. Therefore the issue of fate is an issue of choice: to choose a predetermined fate or to prefer a free one. It all depends on your conviction – what you choose is what you get.

If a person is convinced that fate is predetermined and there is no escaping it, then indeed a predetermined scenario will be realized. In the space of variants, there undoubtedly exists a separate stream along which the little boat of life would move if one were to let it go adrift. The 'doomed' one, wallowing in his infantilism, reverently raises his head to the skies – from where, like pinecones, 'strokes of misfortune' keep raining down on him: 'Oh, the interposing of providence! Oh, the arm of doom!' But the fact is that it is far from 'written in his cards', but rather stamped on his forehead: You fool, you are simply in the power of an unconscious and rather stupid dream that you have doomed yourself to.

But when a person takes the controls into his hands, his life stops depending on circumstances. A small boat can be sent in any possible direction from the 'fate' that is allegedly predetermined. It's all very simple: life is like a river. If you are rowing yourself, then you have the opportunity to choose the direction, but if you simply submit to the current then you have to drift within the course of the flow that you have found yourself in. Want karma? You'll have karma. When you think that your lot in life hinges on some inexorable circumstances or mistakes made in your former lives, you are thereby realizing a variant accordingly. Thy will be done, after all – you are the son of God. But if you would like to be the Maker, then that too is in your power. The dual mirror is up for anything. The question is only whether you know how to handle the mirror.

Within the framework of the Transurfing model this all makes perfect sense. The only incomprehensible mystery is still the space of variants. Who 'put' all the things that are contained there? Where did it come from? And why? And what was there before someone put it all there?

I'll be honest: *I don't know*. I can only put forward a hypothesis: no one 'created' the space of variants – it has always been there. The human mind is made in such a way that it thinks that everything in this world is created by someone or something, and that there is a beginning and an end to everything. *Not everything*, apparently. I'm afraid that even if one were to elevate man's consciousness by the same amount as he currently exceeds the awareness of an oyster, that wouldn't be nearly enough to comprehend such things. There are questions in this world that are far beyond the potential of the human mind – because the mind is just a logic apparatus, even though it does have the ability to think abstract thoughts.

So, the level of my abstract thinking allows me only to construct a mathematical model. If one were to turn somebody's relative level of awareness to infinity, where his level of awareness would become a dot, then the set questions would come down to the following: 'Why am I, a dot, allowed to take up any of the possible positions on the coordinate plane? Who created the coordinate grid? Who needs it? And what was before that…? Incomprehensible…' And if one were to tell this dot that apart from the plane there is also a three-dimensional and an *n*-dimensional space, it would blow the dot's mind.

It is easier to believe that fate has been foreordained by some higher power, and also that you can 'calculate' and predict it, rather than believing in the existence of an inconceivable space of variants that contains absolutely everything. In any case, people are uncomfortable living with uncertainty; they strive to get at least a small hint of what the future is going to be like, and that is why they go to astrologists, fortune-tellers, hierophants. And here once again it is a question of fundamental choice. What is my intention: to find out what is waiting for me, or to create what I want?

If you choose a passive position, then, of course, only one thing remains – to turn to those who have the audacity to claim that they know the Book of Destinies. But is that even possible? Is anyone able to predict or 'calculate' the future?

Undoubtedly so. Moreover, this becomes possible precisely by virtue of the existence of the space of variants. Otherwise, where else would the psychics get fragments of the past and the future from?

There is no doubt that events cannot develop at random. The sectors in the space of variations are bound with strings of cause-and-effect relations – life lines that are subject to certain laws. And how can anyone evaluate these laws? Obviously, by looking at various external manifestations and traits, which could be the position of heavenly bodies, dreams, card combinations and even coffee grounds. There are no coincidences. The idea of randomness is only a way of experiencing an effect when there is no detailed information available on the causes.

But again, it's precisely by virtue of existence of the space of variants – this storage space that contains 'film reels' of the past and the future – that prognoses are not always confirmed. The amount of variants is infinite, so there is no guarantee that 'you've taken the film reel off the shelf' that is destined to 'get into the projector'. We can only be talking about a fraction of probability.

One of the most 'precise' psychics was the Bulgarian Vangelia Dimitrova, known around the world as Vanga. Having lost her sight as a child, she got the gift of 'being able to see' the space of variants. But even with her unique abilities, 'the percentage of hitting it right', in the past as well as in the future, varied somewhere between seventy and eighty per cent.

Prophecies are also distorted by the perception of a particular psychic, and by their subsequent interpretation. *The Centuries* by Nostradamus continue to have wildly different interpretations. In predictions, people often try to see things that are not there, and the other way round, but they do not notice the obvious. When Vanga foretold that 'the Kursk will go under water', no one understood a thing. But when a submarine with the same name sank, then those who knew about this prediction probably had chills going down their spine. And yet, if all we can talk about is the probability that a clairvoyant will see 'the right' sector in the space of variants, then why does the number of correct hits turn out to be pretty high? Because a prediction that has been imprinted in a person's memory will turn into his intention, whether he wants it or not.

People's attitude to all kinds of interpretations and horoscopes is special – it is a balance of faith and distrust. On the one hand, an individual is not

prone to wholly trust such things; but on the other, somewhere in the depths of his subconscious is the thought: what if? When it comes to interpretation, importance is minimal: maybe it will come true, maybe not. It's a game of sorts that is being played in pretence and seriously at the same time. As a result, you get a latent unity of the soul and mind. Under such conditions, a fleeting but sharp image is created, which the world mirror willingly manifests in reality. The person, unbeknownst to himself, realizes what he's been foretold – that is why the probability of a prediction turning out true is higher than average.

From Vanga's biography one gets the impression that even when she was playing games as a child, it was almost as if she was intentionally programming her future destiny. Her favorite thing to do as a child was 'to heal' neighbors' kids – her 'patients'. In addition, she knew how to tell various fabricated stories that everyone listened to as if they were under a spell. Moreover, Vanga liked to play one particularly strange game: she would hide something in an obscure place, and then begin to look for this object blindfolded, feeling her way towards it. As you can see, the pictures of the images created by her were so flawless that the world mirror reproduced them in reality, down to the tiniest detail. Vanga became a healer and a psychic, and she lost her sight as a result of an accident. At the age of twelve, she was carried away by a windstorm. The girl was later found in a field, covered with sand.

It should be noted that Vanga was convinced that one cannot escape fate; no one's efforts can change something that's been predestined. By getting visions of accidents that were to happen in the future, she often tried to avert the danger, but she couldn't. There were times when Vanga knew that people were going to die and convinced them to either refrain from going away or asked them to leave the place. But that didn't help either – people didn't listen to her. It seems there is a contradiction here with Transurfing, and fate is predetermined after all?

Actually, there is no contradiction. One person is unable to have a significant impact on the life of another. A person has the power to shape only his own layer of the world. Even when it appears from the outside that an influential political actor is in charge of the fates of whole nations, in truth he is only doing the will of the structure that created him.

Anyone is able to control his own destiny, but only on condition that he takes the steering wheel in his hands. It is all about what position a person

assumes: an active or a passive one. You can live life as it is, read horoscopes and accept destiny as something that's been granted from above. But on the other hand, if you get down to business with all the zeal of a muddle-headed mind, you could end up creating such a destiny for oneself – God forbid. Therefore, by taking an active stand we shall understand *the intention to control the train of our thoughts in accordance with the mirror principles*, and not the knowledge of how to beat the water with your hands.

Such a stand gives you real power over your destiny. And there is no longer any point in the services offered by soothsayers. I do not mean to say that their predictions are false. No, individual prognoses are often confirmed, *but* they are only needed by people who choose to live life as an unconscious dream – and, by the way, this will always be the overwhelming majority of people. But if you do intend to turn your life into a waking dream that you can control, then the services of *mirror makers* really are of no use to you.

Who are astrologists, hierophants, soothsayers, if not mirror makers? After all, they don't simply provide a harmless prognosis, but a surrogate part of your fate – a small piece of the mirror that you will be forced to look into. And how can it be any different? Whether you take the prognosis seriously or not doesn't matter; you have taken it, and it will settle in your subconscious, programming your future fate. Even if we leave money out of the equation, do you really think you could get a piece of the future just like that? One cannot sneak a peek in the Book of Fate without any consequences. And payment for this product is always the same: *you will have to take it with you and make it a part of your life, whether you want it or not.*

Such a payment may prove fatal. And the fault or, let's say, responsibility does not lie with those selling fate as a product, but with those buying it. By wanting to know the prognosis, you get a mirror and ask a mirror maker whether you are allowed to smile in your mirror. But you already have a mirror – the layer of your world that you can do anything you want with. With my mirror I am free: if I wish, I can act with the will of a Maker and turn any failure into success – and that's how it will be. So I couldn't care less about prognoses.

But if you don't have any desire to be the Maker of your reality, you can successfully use the services of mirror makers – that too is a choice and a way of existence. Rather, it is a safe way of moving along the course of

fate. Prognoses, in this case, can act as signs that warn you of possible problems, and they can also instill in you the hope of success. In this sense, mirror makers do a good thing. But not all of them. The most harmful of them are those who foretell global events. By predicting upcoming disasters and 'ends of the world', they organize the thoughts of large groups of people in a destructive direction or, in other words, they program a collective consciousness. This has an effect.

The interesting thing is that scientists too belong to the mirror makers' league, even if they do not have a direct impact on people's lives. During the entire history of mankind, all that scientists have been doing is trying to explain to us how the world works. Long ago the Earth was flat, and it rested on the back of three whales, elephants, and a turtle or something. Back in the day, stars used to spin around the Earth. It's been many thousands of years since then, and some things have become clearer, but the process of trying on new models continues to this day. Classical physics has been replaced by quantum physics. The objects of the micro-world were first declared to be particles. But then it turned out that these are more likely to be waves that do not mind being particles on occasion. Then came yet another theory – this one proclaims that these intangible objects are not waves and they are not particles, but rather strings in a ten-dimensional space-time. The world, standing in the fitting room, agrees to this model as well. Yet, even after that, there are still things that are unclear, that don't seem quite right. Scientists are forced to add another, eleventh dimension, as a result of which a supernova M-theory is born, where the string turns into a membrane. Amusing, isn't it? What's next?

It seems that this process will continue to infinity. Following yet another model, there will be more and more new models. If you place yourself in front of one mirror, while holding another mirror in your hands, you will understand why the world has an infinite amount of models. In the mirror in front of you, you see yourself with the mirror, where you are reflected in the mirror, where… Do you understand?

Most likely, there is no answer to the question of how this world works. Within the limits of understanding of the human mind, if one were to climb up to the highest abstract peak of definitions, one would see that the world *doesn't look like anything*. It is just a mirror of our ideas. What we think about the world – that is also what we get. The only thing that one can

claim with certainty is that reality is multifaceted, and we can state a few of its laws.

The process of exploring the structure of the world is like the above-mentioned example. When one of the manifestations of reality is used as a base, you get a separate version – a small piece of the mirror. When you stand together with it in front of the main world mirror, you see a new aspect of reality in the reflection. When we take one of the manifestations of this aspect, we once again get a separate version of reality. And again, out of yet another tiny mirror, a new one will appear, having been reflected in the image of the mirror before that.

Then what is the world really like? Try imagining it (if you can) by using the example of two identical mirrors that have been installed closed to each other. Both mirrors are reflecting the other mirror that is standing opposite. In both mirrors there is nothing being reflected from itself an infinite number of times. A black infinity of images, where *nothing* is reflected out of *nothing*. Does the picture that is obtained submit to any description, within the limits of the concepts that our mind has at its disposal? Hardly.

In conclusion, I would like to add that in any case, the pendulums of mirror makers couldn't care less about your fate; they only care about pursuing their interests – they need a constant boost from their 'clients'. Every day, people would like to know what tomorrow has in store for them, and that is why they keep going to the 'well-informed', contributing their own energy and getting a surrogate in return – a piece of a fabricated fate. If a person's attention has been caught in a pendulum's noose of capture, then he is no longer able to feel confident until he reads another horoscope or finds out what the dream he had last night really meant. You can develop a sort of addiction, drug dependence. A dose is always needed to maintain an illusory confidence in the future. Meanwhile, pendulums start swinging with greater force and flourish.

Transurfing does not need such a boost: find out about the principles and go wherever you fancy. Knowledge in itself is not a pendulum – a pendulum appears only if a corresponding structure is formed as well. Again, Transurfing too does not explain how the world works, but offers a utilitarian model, which helps you understand why it is possible to control reality and how to do it. Just the same way, you can be very good at driving a car, without having a clue about how it works. The mission of Transurfing is to hand the people their 'driver's license'.

Mirror makers are trying to convince the dot that it should move strictly along a specified line in the function graph – anything else was not meant to be. And that is indeed true, but only if the dot accepts these rules. Reality exists independently of you – as long as you agree with it. You won't be able to change the whole world, but a separate layer of your world *is* at your disposal. And you do not have to change yourself to do that – you need only use your right as a Maker.

So you have a dual mirror – something like a genie that fulfils all your wishes. This is no longer a fairy tale, but a reality that up till now was possibly hiding from you under the cover of ordinariness. In contrast to the genie we know from fairy tales, you cannot order a mirror genie about. There is no point in trying to appeal to him, or seeking sympathy from him. But the moment you declare your intention, the magic mirror will gladly agree: 'Alright, my dear.' *You are the true Maker of your fate, if you intend to be.* Do not give away your fate to the mirror makers!

Summary

Mirror principles:

1. *The world is like a mirror; it reflects your attitude towards it.*
2. *The reflection takes form in the unity of the soul and mind.*
3. *The dual mirror reacts with a delay.*
4. *The mirror states the content of a person's attitude and ignores its direction.*
5. *Do not think about what you don't want; think about what you strive to achieve.*
6. *Let go of your grip and let the world move with the flow of variants.*
7. *Perceive any reflection as positive.*
8. *By controlling the train of your thoughts, you are controlling reality.*
9. *State the amalgam phrase whenever you can.*
10. *It's not the reflection that you need to move, but the original image – your attitude and the direction of your thoughts.*
11. *Attention should be fixed on the end goal, as if it has already been achieved.*

12. To realize a slide, you have to systematically play it in your mind for a long enough period of time.

13. You shouldn't suppress your emotions; you need to change your attitude instead.

IV

THE GATEKEEPER OF ETERNITY

My world and I are off to get me a toy.

The Energy of Intention

In the previous chapter you became familiar with the principles of controlling reality. Now let's talk about specific techniques. The first vital condition, without which Transurfing is altogether impossible, is to have a high enough level of energy.

There are two kinds of energy: *physiological* energy and *free* energy. The former you experience as warmth and physical power – it is produced as a result of metabolism. In order to maintain physiological energy at proper levels, it's enough to have a good diet, to rest, and to engage in physical activity outdoors.

Free energy comes from outer space; it flows along *energy channels* and manifests as liveliness or vitality. And this is, in fact, *the energy of intention*, thanks to which a person feels able to engage in energetic and decisive activities. If you are chained to your oar from day to day, and only have enough energy to carry out routine activities, and more importantly you don't really want anything, then it is a sign of an extremely low level of energy.

You could say that free energy and life force are one and the same. Youth – that's the time when energy of intention is welling forth. Imagine an old lady – you can tell by the way she looks that she is sick. There she is – doddering, groaning; every moment is a great effort to her. But then she suddenly runs up, makes springy jumps, jumps up high, and with a loud, victorious cry of 'Yes!' swishes the air with a sudden motion of her hand. Such a thing seems inconceivable, but that is exactly what this old lady would want to do, if she were to take her energy up to the right level.

Why do people produce all their best creations in the first half or first third of their life? It's all got to do with the energy of intention. If you maintain it at the right level, then you can shine as the creator of masterpieces no matter what your age.

Life and creativity forces become atrophied when a person stops striving towards things. There are people who look at the world with indifferent eyes. They know everything, they have experienced it all, and, by the looks of it, they like the feeling of satiety. To them, this whole world is like a park that they've wandered back and forth in too many times, where there is nothing that can surprise them. With an indifferent-lazy voice they lecture others, showing that they know everything already. Such people grow old early. Keep watching the world with eyes wide open, and you'll have more energy – such is the quality of this energy.

If a person stops getting amazed and no longer strives towards new goals, then not only does he stop developing – he starts degrading; that is, he starts growing old. Life is a process where there cannot be any stops. You're either moving forward or backward. A state such as a stop, where things stand still, does not exist in nature. Even cliffs are constantly altering their appearance. In order to activate the energy of intention, you have to 'hook it' with a goal.

Energy is ignited when you are set on doing energetic activity. What you get is a feedback loop: energetic activity gives rise to intention; intention kindles your life force. If you are sitting around and don't really want to do anything, do at least something, and then energy will come to you. Sometimes you need an initial push in order to move. It may appear to you that you've got little energy and you need to get it from somewhere; however, that is not true. In reality you've got loads of energy – after all, it comes from outer space, and you can take as much energy as you can carry. The fact of the matter is that you've already taken as much as you could. This energy hasn't disappeared – it is just almost entirely being used at the moment. All of its titanic power goes to support weights of two kinds. The first is the obligations and limitations that you've burdened yourself with. Imagine the following picture. You've taken upon yourself the obligation of doing something – immediately a heavy weight is hung upon you. You set yourself conditions – another weight gets attached. You promised something to yourself or somebody else – here comes the next weight. How many weights have you got around your neck? As long as there aren't too many, you can still live your life. But one day there comes a moment when the weight becomes too heavy to lift. Then you get a breakdown: when a person has been driven into a corner, falls ill, becomes depressed, or something bad happens to him. He starts looking at the world with distrust

and fear. As a result, reality, being the reflection of his thoughts, actually grows darker and darker – a bad patch begins that can last for a very long time.

Excess potentials come second. By attaching great importance to various things, you encumber yourself with an immense burden. It is a whole mountain of an unmanageable load. Feelings of personal inadequacy: I have to be 'cool', I have to protect and strengthen my importance. Feelings of guilt, responsibility: I am obliged to work off my debt, do my duty. Exaggerating the complexity of problems: I have a lot of work ahead of me. Doubts and worries also constantly weigh upon you.

A great many people spend their life this way, hanging the weights of all kinds of obligations on themselves: unfinished business, strict conditions, outlined plans and a myriad of goals. A goal activates the energy of intention, but only the condition that it will become realized, instead of being suspended in a project. There is nothing easier that planning a project, setting the conditions and making promises. You should just be aware that by pinning onto yourself even the smallest obligation, you are hanging a weight on yourself that will take away a fraction of your energy of intention. You will have to carry this weight as you move forward.

Now, in addition to everything said above, one of the main reasons for weak energy is the trivial accumulation of toxins in the body. It's all very simple. Energy channels become narrowed, as in an old pipe covered with scale, as a result of which the flow of energy turns into a weak trickle. Hence, the shortage of free energy, which causes all other problems. This also implies poor physical condition, low creativity, diseases, and all the consequences associated with this.

What happens is that out of all the energy that manages to squeeze through the energy channels, the lion's share goes to support a whole garland of useless weights. That pitiful, miserable amount that you are left with makes up your entire reserve of vitality, from which you get vivacity, activity, cheerfulness, optimism, the desire to have everything right now, the feeling that you're able to move mountains. Judging by your current state, everyone can get an estimate of how much of the reserve you've got left. There certainly aren't going to be many 'well-off citizens' to be found.

In this manner, it appears that all free energy gets used by a whole array of unrealized potential intentions (plans) that are only a burden. *In order to*

free up your resources, you have to either get rid of a few potential intentions, or launch their realization.

Draw your attention to what is oppressing you. If you give it some thought, you can drop many weights with no regret. You may think you really need most of these weighty trinkets, but what is the point, if you are always carrying them around, but cannot seem to realize them? For example, I absolutely have to be better than everybody else; I have to always be on top; I'll show everyone and myself what I'm worth; I must follow my chosen path; I must succeed, otherwise I'll no longer respect myself; I have no right to commit mistakes. And so on, like, quit smoking, learn a new language and basically start a new life come Monday.

Wouldn't you agree that anything that is being endlessly postponed is a useless load? You either have to realize it or throw it away, because it takes up energy, and spending energy in vain is plain stupid. For example, when a person is in the process of dropping a nasty habit, a double portion of energy is distracted towards this: on the one hand, you still have to pay the pendulum interest, and on the other, you will also have to carry the heavy burden of the obligation to drop the habit that you put on yourself.

This long-drawn-out affair can go on for years. In any case, you should turn forcing yourself into a conviction; that is, if you do abandon something then you do it according to your conviction, and not because you have to. By driving themselves into a corner with volitional methods, people build up an even greater tension, which is inevitably followed by a breakdown. Therefore, it would be sensible to choose one of the two: either resolutely realize your intention, or take off the weight of obligation and divert the habit into a controllable channel.

Instead of scrounging cigarettes and collecting cigarette butts, it would be better to get a proper pipe and start buying good-quality tobacco. Instead of scooting from pub to pub and drinking from a can around the corner, it would be better to carry a presentable flask in your pocket. This means establishing partner relationships with your creditor. As a result, the harmful vice will become more restrained and manageable. The bank will offer a respectable client preferential terms. Not to mention that a habit set loose brings much less harm than a habit you hate but cannot get rid of. The declaration of intention in this case makes the matter worse. But, of course, that is not the best solution to the problem. Before you turn a bad habit into a civilized manner, you should have a very serious talk with yourself.

There is yet another, very burdensome weight – studying, that is, cramming. If your intention is aimed at filling your head with information, high tension is created.

Intention in this case is not being realized but is being built up instead. There is no movement – only tension. That is why, even if it means me saying a copy-book maxim, it is worth repeating it. There is no point in memorizing information – it will be dead luggage that will take an unwarranted large amount of your powers in order to 'submerge'. Knowledge, in contrast to data, is only learned through acting on specific examples, when intention is realized. For example, if you are used to explaining homework to your children, do the opposite – let them explain it to you; you'll immediately feel the difference. It's all about directing your intention: it has to be reoriented – *turn passive into active*. The useless weight that requires you to memorize will come off instantaneously.

But it may be that you've got one huge weight that you secretly have wanted to get rid of a long time ago, but haven't yet mustered the courage to do so? Imagine the lightness you'll experience the moment you drop it. Let go of yourself; give yourself more freedom. Compile a list of limitations that are oppressing you, and throw them off your shoulders. Then the reserves of energy of intention will immediately be released and that will allow you to move forward.

As mentioned earlier, a goal activates the energy of intention in the process of realization. It's better, of course, to look for *your goal*. If you succeed, then the issue of energy shortage will most likely not be an issue anymore. Because your soul and mind, having taken heart, will rush off towards their dearest wish with enthusiasm. But if you do not feel the ability to engage in energetic activity and conquer new mountaintops right this moment, then you shouldn't even be trying to find *your goal*. In that case there is a high probability that the pendulums will use your weakness and force alien goals on you. In order to find your own goal you have to possess a high enough level of freedom, and that is first of all the freedom from obligations to others and yourself. And above all, to succeed with this, you have to get rid of yet another weight: *you need to allow yourself to not have your own goal just yet*. To find it, you need to have free energy – and that should be your first priority.

You can use three ways of increasing your free energy: freeing up employed resources, exercising energy flows, widening energy channels.

By freeing up engaged resources, you get a noticeable jolt of energy. Before, if you were giving your energy away to pendulums – for example, alcohol and/or tobacco pendulums – then this energy is now at your disposal. Before, you wasted energy on worry and anxiety. Now this energy has transformed into the determination to act.

Before, you used to waste your energy on wavering and doubts, torturing yourself with questions about whether you're doing the right thing or not. Now you are the one to determine what is right for you, and what's not. Before, energy would go to negative feelings and obligations, related to the feeling of guilt. Now this energy is free. Before, you were tormented by the necessity to confirm your significance. Now you allow yourself to live in accordance with your credo, and you're having an easy time. All former expenses have turned into profit – into the energy of intention, with the help of which you are able to shape your reality.

In the first book on Transurfing it has already been mentioned that the energy of intention can be worked on and improved. In the same way as physical exercise develops muscle tissue, the achieving of new goals increases the level of energy. But when all the main peaks have been conquered, and life turns into a calm stream, the energy of intention becomes atrophied. The decrease in energy levels can be compensated by an *energy workout*. The idea is that when doing any kind of physical exercise, you should focus your attention on the *ascending* and *descending flows*, as described in the first book. If you add the *visualization of the process*, when you play in your head a slide where you can see your energy of intention growing day by day, then the workout becomes even more effective. The energy of intention increases itself by induction.

If you are giving your energy an intense workout, then expect consequences the following day. You think there will be a surge? Not likely. Quite the contrary – you'll feel completely broken. After all, if you start doing intense physical exercise after a long break, then the next day all your muscles will be sore. It is the same with the intention energy workout. Only in this case it is not pain you feel, but fatigue and dejection. This shouldn't worry you, because soon everything will get back to normal. The important thing is to keep exercising systematically. Every day give yourself the following directions: 'My energy of intention is growing every day.' After only a few sessions you'll feel such a boost that you'll literally want to start jumping and flying.

Now, finally, the most direct way of increasing your energy is to cleanse your body and change your diet to natural produce that has not been treated thermally. Why? This is a separate topic and one that is far from trivial – it will be more closely examined in my next book. Meanwhile, to keep it short, I can make the following analogy. Energy flows in our bodies, like water in piping. In a clean body, just like in a clean pipe, the water pressure is greater.

This means that the cleaning and housekeeping of your body is easy and natural. However, there is also another option: you could clean the pipe, by flushing the water through at greater pressure. This is the path of meditative practices. But it takes a long time and is difficult to do, which is why I suggest the easiest and the most direct way – physiological cleansing.

A high level of energy gets a person into a state that is called inspiration. In this state you are able to generate ideas, find brilliant solutions, create masterpieces. A muse, like a moth, is always drawn towards the light. Skepticism and apathy are indicative of low energy levels. When experiencing an energy shortage, you will always be looking at the world with a pessimistic attitude and this will inevitably become reflected in reality. However, when your vitality is high, you transmit a strong image of a successful person into the world mirror, and success moves towards you of its own accord.

There is one more thing to mention regarding inspiration. You may have noticed that inspiration sometimes behaves in the strangest way. There are moments when you experience a mental boost, when the impossible seems possible, but for some reason this enthusiasm soon dies and becomes replaced with pragmatism. The fire of optimism quickly burns out, and the former gloomy picture of a grey world sets in around you, where the ideas that took wing again appear to be hopeless. What is the point with such inspiration, when it is only able to erect cloud-castles?

The fact of the matter is that it is not inspiration, but euphoria. This state occurs when there is a dramatic crossing over from a low energy level to a high energy level. Such a transfer happens when you use strong stimulators, or simply when some unusual information excites your imagination. The anomalous burst of energy provides your consciousness with access to the sectors in the space of variations that lie at a far distance from current, realized ones. Theoretically, these variants too can be realized, but they are far from the course of the flow of variants, and therefore require great

energy expenses. For the same reason, ideas that seemed brilliant in a dream will become dim upon awakening. In dreams, your soul most often flies so far that it reaches areas that have very little to do with present reality.

Truly real ideas are only born through the stable energy of intention. And they lie not far from the flow of variants. But in order for your consciousness to go beyond the limits of the physical world and reach these ideas, you either need a special gift, or stable high levels of energy. So you can easily compensate for any lack of talent.

The energy of intention provides a person not only with high vitality that will help him function effectively in the physical world. There's also another fact that is far more interesting – the higher the energy, the faster the object of your desire becomes reality. The energy of outer space, when passing through a human body, is modified by the person's thoughts and acquires an ordered form. In exactly the same way, a radio transmitter transforms electricity into a signal carrying information. Once it has obtained an information order, the energy of the person 'illuminates' the corresponding sector in the space of variants. As a result, the metaphysical variant obtains its real manifestation on the physical side of the dual mirror – the thought has been materialized. Evidently, the greater the power of emission, the more efficient the process of materialization. As you know from the previous chapter, thoughts are not immediately realized, otherwise our life would be like a computer game set in a world of complete chaos. To form a reflection, you need a well-defined image, born in the unity of the soul and mind, or a rather prolonged goal-oriented concentration of attention. Perhaps someday, people will invent a 'materializator' of the space of variants. If, of course, God will allow. Artificial intelligence is after all still unattainable – and that is probably for the best, because no one knows what it would lead to. What's important for us is that we are able to turn our wishes into reality.

High energy levels do not mean using force. In order to shape the layer of your world more effectively, you have to feel that you are one and even the same. You need to take a fresh look at the surrounding reality: I control my reality, the way I control my body. Enter the same time-schedule as your reality – do not wait for immediate changes to take place, but stay calm, patient and goal-oriented. You can easily control your body – to you it is an ordinary thing to do. But there are people who have lost this ability due to certain illnesses. Their bodies may execute uncontrollable movements or

remain in a completely paralyzed state and disobey intention. When you are in disarray, your body too is not entirely subject to you. For example, an inhibited and shy person's hands can perform uncontrollable movements. There is no unity of the soul, mind and body.

Things are much worse in the relationship between the person and his layer of the world. The person feels isolated from the surrounding reality, as if his layer is somewhere on the outside – it performs uncontrollable movements, and it seems as if there is nothing that can be done to stop it. But should that person experience unity with his world, he will gain the ability to control it, as if it was his body. This ability has become completely atrophied, but it can be restored. To do this, you need to teach yourself to always pay attention to the surrounding environment, feel that you are a part of this world, be in its context, and look for those connections that unite you and the world. In other words, *be a separate particle of the world and dissolved in the world at the same time*.

I won't conceal from you the fact that this task is not an easy one. This cannot be taught – a person can acquire unity with the world only through the means of everyday experience. And this path may turn out to be as long as life itself. Therefore, for those who are not into the painstaking practice of spiritual perfection, there are simple and straightforward instructions.

Here is the thing. You do not always get what you want straight away. But in any case you only get the things your intention is aimed at. For example, if you need to gain muscle bulk, your attention should be focused on a slide in which your muscles are growing. If you need to lose weight, all your thoughts should be about how your body is becoming slimmer. If your goal is to increase the energy of intention, you have to focus on the energy flows and the membrane. So, likewise, if your intention is not aimed at anything at all, you won't get anything either.

By doing exercise without a goal, you are wasting your time and effort in vain. When your attention is focused on the effort and not on the goal, then you are simply using your physiological energy, and that's all. Because effort is a way that leads towards the goal; it is a means of its achievement. That way you will always be on your way, because the mirror only reflects what is contained in the image.

Children are bursting with energy, but this energy is uncontrollable and is uselessly dispersed in space. In the same way, if you get your energy of

intention to high levels, but don't give it a clear direction, it will be of no use to you.

An ordinary lamp can only illuminate the nearby space. A precisely directed laser beam hits an object several kilometers away. Therefore, *if you would like your energy to work, you have to give it a specific direction towards a goal*.

Goal-orientation points the energy of intention in a strictly determined direction. *Concentration* is essential – *not tension, but focus*. Usually, the thought mixer works on its own. Ideas are born and die uncontrollably; thoughts jump from one subject to another. The mind is 'kicking its little legs', like a baby. In order to control reality, you need to try to keep your thoughts under control. It is a bit cumbersome at first, but becomes a habit later.

In order to develop this habit, it's enough to do one single rule: *Teach yourself to think about what you are doing right now.* Do not do anything just like that, thoughtlessly, while swimming in an amorphous jelly of uncontrollable thoughts. *Proclaim the declaration of intention.* That doesn't mean that you always have to be on full alert. You can let your thoughts drift as much as you want, but do it intentionally, by the principle: *If my mind is wandering, then it's only because I let it.* And just as intentionally, go back to a focused state, when necessary.

Basically, the point is to have the image of your thought mainly contain the picture you would like to see in the reflection of the dual mirror. That way, in order to achieve a goal you do not have to be in an ideal state of organic unity with the world, but it is enough to *systematically* keep fixating your attention on the goal slide. *By controlling the train of your thoughts, you are submitting reality to your will. It doesn't matter that your thoughts keep getting out of control.* The important thing is to get into the habit of returning them into the course of a goal slide. When your thoughts keep returning to the goal by habit, the slide becomes your constant companion – its image is always in the background, in the context of everything that happens to you. In that case you needn't doubt – the image will be shaped, and the world mirror will inevitably reflect it in reality.

Cleaning Up the World

Every person has his own separate layer of the world. One could say that the reflecting surface of the dual mirror is multi-layered. Every living being,

having been born, has its own mirror plate at its disposal. From the thoughts and intentions of the individual, an image is shaped, which in reflection creates a separate reality. The multitudes of all realities are layered on top of each other, creating what we currently observe in physical reality. If we were to talk about a human being, the layer of his world is the space of existence, that is, everything around him. Individual reality is shaped in two ways: physical and metaphysical. In other words, a person creates his world with his actions and thoughts. It is difficult to judge which one of these aspects has the more significant impact on reality. Thought images are likely to play the main part, because they create a significant portion of material problems that people have to deal with most of his time. As you now understand, Transurfing deals exclusively with the metaphysical aspect.

Every person lives in his own particular environment, surrounded by lots of people and material objects. Out of these colorful surroundings, how do you make out a separate sphere of existence? It's very easily done. If you take away all material things, then what's left is just the main essence that interests us more than anything else: *how are things going – good or bad?* The environment can be rich and poor, friendly and aggressive, comfortable and not so comfortable – but that is not the important thing. What matters is how happy a person is in these conditions – is he getting everything he is striving towards? Are circumstances turning out to be favorable? This quality of the layer – its *nuance* – is what has a decisive impact on everything that is going on in the material reality.

A layer of the world may contain both light and dark nuances. It all depends on the way a person builds up the image of his thoughts – the more negative things, the bleaker the reality. And the worse things are going, the more 'unacceptance' is accumulated, which due to a feedback mechanism makes the layer even darker. It follows from all this that your separate reality, just like your body, should be kept clean.

All negative thoughts have to be resolutely and mercilessly thrown away, so that they do not spoil your world. Be off! Similarly, you should take out the garbage and clean your house regularly. You need to get rid of any rubbish lying around. Otherwise, however hard you may try, things will always be bad.

However, there is the kind of rubbish that you are unable to simply throw out of your world. This is made up primarily of feelings of guilt, then come

feelings of inadequacy, doubts, worries, fears, displeasure, blame, aversion and worst expectations. They are like a disease that you'd be happy to get rid of, but can't. Hence, we'll have to treat them. But we've got remedies.

Imagine the following picture: a person, together with his world, is off on a magic bus to a place where dreams become reality.

So, my dear, here we go – we're off to get your toy.

Yes, world – it's awesome!

The fun journey promises a lot. Everything is going great – what else do you need?! But the anxious mind is not used to it; it is always looking around for trouble. Because it cannot all be smooth sailing!

Hey, stop the bus! I think those righteous people are judging me. We need to take them with us to make amends.

Don't worry about that, my dear. Throw that nonsense out of your head!

No, no, we have to take them; otherwise I won't be able to relax.

The bus stops, and some slimy fellows get on, and immediately start complaining and making demands on our man:

We are your judges!

It can't be helped, so the bus keeps going. On the whole, things are not too bad, but the man is all of a fidget.

Look over there [he says to the world] – such wonderful people! Let's take them with us; they'll be my role models.

Forgive me, my dear, but why do we need extra companions?

The world makes futile attempts to object, but is forced to agree, and the bus fills up with arrogant individuals whose whole appearance demonstrates to the man that he'll never be as good as them:

We are your ideals.

While further down the road, Fear, Worry, Doubt and Worst Expectations are already trying to thumb a lift. And our man, of course, tries to reason with a clever look on his face:

Perhaps these wise travelers will show us the right direction and keep us from making a false step?

As you wish, my good man [the world agrees as he lets the noisy folk inside].

We are your common sense! [they exclaim].

With their sensible moaning these people turn the whole trip into hell on wheels. In addition to everything else, the road is blocked by Displeasure, Blame and Aversion. The man would do anything to avoid meeting them, but the world is already used to taking along everyone the mind directs its attention at. These unpleasant jerks burst through the doors with roars of laughter, yelling:

We are your worst nightmare!

The man would be happy to get rid of his annoying companions, but – it's too late. The bus is packed and cannot move any further. Manipulators, cardboard idols, hysterical protestors, advisors and every other vermin have ruined everything. Who is to blame? Why bring them along?

The most destructive of all this garbage is the feeling of guilt – whether it is conscious or not doesn't matter. If you notice that the world is punishing or humiliating you, behaving as if it is taunting you, trying to make you submit, then you've got all the symptoms of the disease. Drive this infection away by booting him out. Guilt is a shameless guest in your house that slumps in your armchair with its feet on the table, and dictates its conditions to you. You are quite able to throw him out, if you become aware of the fact that it is in your power. Even if you really are at fault, you have the right to ask forgiveness only once.

Guilt gives rise to punishment in all kinds of shapes – from petty trouble to big problems. You could cut your finger, or you could get into an accident. That is how the template of a person's worldview works: a deed must be followed by punishment, and the soul and mind together are completely unanimous.

In addition, guilt heavily strains polarization. As a result, equilibrium forces draw all kinds of misfortunes upon 'him who has admitted his fault'. And the most vexing of all misfortunes are the manipulators that stick to you like bothersome flies. They have become really good at inducing guilt in their 'clients'. If a person has a tendency towards shouldering blame, a manipulator will do everything to burden him with more.

The guilt complex is instilled in us from the outside when we are still children. Adults sometimes use forbidden methods to make their charges obey. If a child spends a long time in the care of a typical manipulator, a sort of a microchip is firmly inserted into his unstable psyche – a microchip in the form of an unconscious sense of duty or an obligation to work off what you've been found guilty of.

The ‘programmed’ person is doomed to carry his heavy cross and remain a puppet in the hands of the manipulators, as long as this microchip remains in his subconscious. But how do you retrieve it? You cannot choke guilt, and getting rid of it just like that is impossible – its roots go way too deep. Your soul and mind have spent a long time living with the feeling that you always owe others. And getting them out of this state can only be done through a specific set of actions.

Namely, *you have to stop justifying yourself*. This is a case where treating the disease as a consequence eliminates its cause. You do not need to convince yourself that you do not owe anything to anybody. Just watch what you usually do – you’ll need awareness for this. If before, you had the habit of apologizing at the slightest provocation, then now you should develop a new habit: *explain your actions only when it is really necessary*.

You do not need to convince yourself that you are not obliged to do anything. Let the guilt stay inside you. But don’t show it on the outside. Manipulators will no longer be getting the same output from you, and will gradually leave you alone. At the same time, little by little, your soul and mind will start to get used to the new feeling: you are not justifying yourself, but acting as if the way you are is the way you should be, and consequently, your fault is simply not there. As a result there will be fewer and fewer reasons for ‘atonement’. That is how, by means of a feedback loop, the external form puts your inner contents into order bit by bit – the feelings of guilt will disappear, and so will all accompanying problems.

Another disease that practically everyone suffers from is the inferiority complex. This weight makes a person feels unworthy or untalented, which is exactly what gets reflected in reality. In the first book on Transurfing, I spoke in detail about *internal importance* – what kinds of problems can arise when a person tries by all means possible to elevate his personal significance because he somehow feels flawed. The paradox is that there is a certain law at work here that is much like the principle of uncertainty in quantum physics: importance decreases by the degree of effort directed at trying to emphasize it. And the other way round: a person who doesn’t care about his importance has it, no matter what.

The desire to strengthen your position and highlight your virtues is an illusion; it’s chasing after the reflection in a mirror circle. But how do you convince yourself that you’re worth something and that there is no need to prove it? Here we’ve got another feedback loop, through which the

consequence eliminates the cause. You need to consciously reorient your intention: instead of trying to show off, you should *altogether discontinue any attempts to elevate your significance*. If a person isn't trying to show how important he is (and you know that almost everyone tries to do so, in their own way), people around him can sense that his significance does not require affirmation. And when that's the case, people start taking a great liking to this person and start treating him with greater respect. As a result, the soul and mind gradually become imbued with the conviction: 'I am indeed worth something.' The mirror circle grinds to a halt for a moment, then turns round and starts moving towards you. As a consequence of this, your self-esteem grows, and the inferiority complex is as good as gone.

Doubts, worry and fear also thoroughly ruin the world picture. Do not forget that once these thoughts have been reflected in the mirror, the world layers will get infested with something that you really will have to be wary of. But fears do the most harm to your set goal, because as you have found out from the previous chapter, they turn a wish into deep longing and desire.

The stronger your desire burns, like fear of defeat, the greater *external importance* and the lower the probability of success. Any waiting in the shape of longing should be abandoned; otherwise nothing will come of it. To achieve a goal, you need intention – this is void of doubts, and appears when you go from simply 'wanting' to action. In order to eliminate the itch of impatience, you need to find a safety net, a backup plan in case of failure, and also accept a failure from the very beginning. But here's the question: how can you accept a failure in advance, if you are tormented by an unbearable thirst to get what's yours? Well, you will see, when things don't work out, desperation, or perhaps even anger, will make you wave goodbye to the awaited result.

You can also get rid of *internal importance*, that is, the pathological feeling of personal significance, out of sheer desperation. If something isn't working out for you and is thereby hitting your ambitions hard, the feeling of hopelessness will make you spit upon everything and drop your personal importance as if it was a dead weight. You will immediately feel free and at ease. And things will pick up at once.

Doubts about your plans being successfully completed usually appear when the mind is thinking over ways and means of achieving your goal. In the book *Reality Transurfing* I spoke a lot about why you shouldn't even be

thinking that. You cannot know for sure exactly how things will work out. Your task is to focus your attention on the goal, as if you have already achieved it; then external intention will in due time open the necessary doors.

Now that you know the rules of interaction with the dual mirror, there is nothing else for you to worry about. The most effective remedy against doubts and fears are the mirror principles. First, direct your attention at maintaining the amalgam: 'My world is taking care of me.' Second, you must follow the three last mirror principles exactly.

For example, say you are planning to apply to a university and would like to pass the entrance examination. Prior to the test, tell yourself: 'Perhaps if I fail, it would actually be a stroke of good fortune for me.' And then off you go, cheerful and breezy, to sit the test. That is called accepting a failure and moving with the flow of variants. It is to do what is required of you, and at the same time think about the final result with indifference. Or rather *think about any outcome as successful*.

Do not 'pretend' that you do not want to achieve your goal – you won't be able to fool yourself. Neither should you think about how exactly your goal will be achieved, or become obsessed with your scenario. Your task is to do the work on visualizing the slide and keep moving your feet in the direction of the goal. The control of your mind should not be directed at the scenario, but at complying with the mirror principles.

Why should you worry about whether success awaits you in any particular outcome? Because it is up to *you* what *you* determine your attitude to be – positive or negative. Everyone is used to treating their failures as something unequivocally negative; therefore they are forced to submit to the rules of the game, where succeeding is difficult by definition. Instead, make an inappropriate move: call your failure a success. That's when you will be able to step out of the line, and success will be guaranteed.

Here, as in the case with guilt and importance, a feedback loop is at work. By switching your attention away from the mirror to the image and by no longer chasing your reflection, you stop the mirror circle. There is no need for you to believe in success and in persuading yourself. All you need is *to redirect your attention at following the principles*. Once they start coming into effect, you will notice significant changes taking place in reality. Your mind will become convinced that the mirror is indeed working.

It will finally realize that success is not achieved the way it imagined. As a result, the soul and mind will calm down, fear and doubts will disappear, and the mirror circle will set out towards you.

The remaining rubbish that you need to throw out of your world is condemnation, dissatisfaction, aversion and worst expectations. When it comes to the first one, you need to make it clear to yourself that criticizing anyone, even if it is justified, is a very disadvantageous thing to do. It's an extremely unrewarding task. Equilibrium forces, with the aim of restoring the balance of bad and good, will do everything they can to put the accuser himself in the prisoner's dock. Finding a cause or reason will never be a problem. So you should place a taboo on any kind of condemnation coming from you.

Regarding the other negative attitudes, there is only one thing to say. By acting in a play entitled *I Am Not Happy With My World, I Do Not Like My Life*, you are shaping and maintaining a reality just like that. Remind yourself again and again that you are standing in front of a mirror. The amalgam and the three last mirror principles will help transform the layer of your world into a cozy little place. There is nothing more to add to this.

And one last thing. Let's assume that right now you are going through serious hardship – things are so bad that you simply do not have the power to make yourself follow any kind of principles. Where do you begin? How do you *straighten out your reality*?

It happens sometimes that life becomes completely unbearable – like a drunk sobering up and discovering a somber and comfortless reality around him. Indeed, let's take a typical example to illustrate the point: the day after a fun party, when a gloomy morning dawns and you have to drag yourself to work. After a festive period there are only ever problems in the workplace. The fact that people do not manage to switch over to job-mode in time is understandable, but something along the same lines also happens to technical equipment. According to statistical data, Monday is the day when more cars, computers and other equipment break down than on any other day. So what is going on with reality?

This reality is created by the people themselves, when their layers are stapled on top of each other. During a hangover period, a person is forced to return 'the interest rate' to the pendulum. With a shortage of free energy, a thought image will contain a large proportion of negative information. Hence, the irritable atmosphere, where there is no real work getting done at

all. The mirror reacts accordingly, and reality becomes distorted. If home appliances are suddenly out of order at home, then in the workplace the added distortion leads to more substantial consequences: there are accidents, machinery breaks down and technical equipment malfunctions. The thing is that if a person is depressed or in an altered state of consciousness, the layer of his world is drawn into *the cloudy parts* of the space of variants. It is as if reality becomes hazed. All the surrounding environment remains in place; the conditions are the same – the weather might even be glorious – and yet there is something oppressing hanging in the air. If on days like this you have previously paid no attention to the shades of reality, try doing just that. You will feel the physical world looking at you with cold hostility. The quality of its layers has changed: 'Things are going badly.' This quality is a cloudy haze – and it has quite a tangible impact on everything, including technical equipment.

A bad patch begins either with a physical sensation of not feeling well, due to a deficit of free energy, or with negative emotions, when expectations are not fulfilled. In order to not let the cloudy area into your reality in the future, you have to first and foremost increase your energy – once it has reached a proper level, irritability will go away. And, of course, you should keep doing everything mentioned above – keep your layer of the world clean.

But right now, if you are depressed, you need to first of all straighten out your reality – get the layer of your world out of the hazy cloud into a clean area in the space of variants. How do you do this?

There is one recipe. It is simple, like all things genius. When a child is crying, how do you comfort him? Trying to persuade him won't do. You have to spend some time with him, showing him that you care and sympathize with him, and giving him attention. So, when you feel sad, it is the child in you crying. Take care of him. Despite the fact that many of us look very serious, imposing, cool and so on, we all, in effect, remain children. 'Take yourself for a ride on the merry-go-round', which means, do what you like doing the most. Take special time out to sort out your reality, during which you will simply relax, without thinking about problems: 'My world and I are going for a walk.' Taking this time is worth it, because cleaning your layer is absolutely essential – many things depend on it. Buy yourself your favorite treat: 'Eat, my darling, get better.' Dedicate the whole day to yourself, to your pleasures. Nurse yourself; caringly put yourself into

your nice cozy bed: ‘Sleep, my sweet. Your world will take care of everything.’

That is how you do it. The following day, if you’re not too lazy to follow the mirror principles, you’ll feel the surrounding reality starting to glimmer with warmer, cozier shades – your layer is coming out of the hazy area.

If you pay careful attention, you’ll be amazed at how *real* all of this is. The material world that appeared to be so stationary before will gently start transforming literally before your eyes. The oppressing atmosphere will recede, a clock that had stopped will start ticking again, and people will take a greater liking to you. This gigantic dual mirror acts in a simply overwhelming way. Reality moves in the space of variants unnoticeably, like the minute arm on a clock – but it does move!

That is how you do a reality ‘face lift’. But this is far from everything. What about a complete makeover? Remember what it was like back when you were young – all the colors seemed so bright and festive; life was wonderful and full of hope. You had a good time. It was good because your layer, just like your body, was clean and fresh. The world took care of you, although you didn’t appreciate it much; but on the other hand, you didn’t complain much either. However, with time there were more and more complaints and negative things in your thought image. As a result the shades of the layer have grown dim, and life enters the stage when people say: ‘Remember the days…!’

This effect is described in the first book about Transurfing as *the shift of generations*. Time flies. It seems as if it was only yesterday when everything happened, yet it was all a long time ago. Age has its effect tenaciously and inevitably. Hopes grow old; the world falls into decay. Is the party really coming to an end?

No, you can still get it all back. And the former colors, and the sensation of novelty, and the delight of hopes. If you stick to the mirror principles, you will encounter an amazing phenomenon: your layer of the world will get back its former freshness. Once you manage to straighten out the shift of generations for yourself, you will get to fully experience what controlling reality is really like.

Correcting the Mirror

At all times, human beings have been creating all kinds of models of controlled reality, beginning with cave drawings and ending with complex

devices and mechanisms. All these models have one thing in common – they submit to people's internal intention. Being a product of pure mind, internal intention operates in a straight line, by the principle: 'Where I make the turn, that's where I'll go.' You are able to submit to your will only that part of reality that you have made the attribute of your game. For example, you could submit part of a river to your control and get energy into the bargain. But the river as a whole will still remain an independent part of the uncontrollable reality. You can make a little donkey budge with internal intention, by applying direct force to him. But to persuade him to do something he doesn't want is impossible. Independent reality is only subject to external intention, which is born in the unity of the soul and mind.

A person has two ways of controlling reality. The first method is to turn the objects of the world around him into attributes. Then they will become subject to internal intention. The second method is to use external intention and live in unity with nature. These are two fundamentally opposite ways of how a civilization may develop.

Our society is developing according to the first option – along the path that is least effective and that, in addition, is destructive to our planet and mankind. You cannot tame the whole of nature, and that is why man is in a state of constant battle with the environment. One day he's polluting it, the next he's trying to preserve it; basically, he is acting by one and the same principle: he is trying to turn everything into his attributes in order to submit these to his internal intention.

Untamed reality exists independently and behaves as a mirror, where a person's attitude towards the surrounding reality is reflected. But this mirror is unusual.

Let's say a person needs for the reflection in the world mirror to take a turn to the right. By acting within the limits of internal intention, he is trying to move the actual reflection. As a result, an excess potential is created and equilibrium forces turn the reflection in the opposite direction. The world is not obeying because the mirror has become distorted.

The world mirror is distorted by polarization. As you know, polarization occurs due to two reasons. The first is dependence relationships, based on comparison, contrasting or specific conditions. For example: 'I am good because you are bad', or 'You are good, if you'll admit to my superiority.'

The second reason why polarization occurs can be identified as 'tightening the screws'. When a person tries to put pressure on the

reflection with his internal intention, he gets nowhere. He thinks he should give it a little more pressure, and continues to stand his ground with a slow-witted zeal.

Equilibrium forces eliminate polarization by means of bringing the two opposites together. As a result, the person gets a result that is completely opposite to the orientation of internal intention.

You can straighten out the mirror if you eliminate the polarization. This is quite easily done, in the same way as you would straighten out a bicycle wheel. The wheel gets bent in the area where the spokes are too tightly strung. If the world is not obeying and is behaving as if 'in spite', you need to understand what is causing the polarization, and how you should weaken the corresponding potential.

The Indigo children help us to understand how this is done, because they are very sensitive to excess potentials. The distinguishing traits of Indigos are: consciousness, desire for independence, intuition, individuality. All these traits develop in children as a reaction to the attempts of the people around them trying to squeeze them into the framework of a rigid social *structure*.

Any cell of the structure, including a family, strives to order children's behavior, to submit them to control. To some extent this is indeed necessary. But not to the point where people try to turn a child into an attribute of their game, dominated by the rule: 'You'll do as I want.'

Evidently, such a primitive approach creates polarization. As a result, children become unruly, like leaves that have been swooped up by the wind of equilibrium forces. The dissatisfied and stupid grownups will, as usual, do everything they know how to; that is, they tighten the disciplinary screws. But in response, children either go even wilder, or break down and turn into attributes – elements of the structure 'who are doing all the right things in life, but have nothing good going for them'.

Of course, no one would want his child to suffer the fate of an outcast. But the life of a common screw is also unenviable. Many people admit that in their life they either 'did all the right things but had nothing good going for them', or 'had nothing good going for them and did everything wrong'. Every parent wants a very different life for his children, and for that reason he applies more and more effort to support behaviors that maintain polarization, unyielding in his ignorance. All the internal intention of an ignorant tutor comes down to one idiotic phrase: 'With all my strength

[with all my stupid might] I wish you good, and therefore you will do things the way I want them to be done.'

Meanwhile, the problems associated with upbringing can be effectively resolved, if we abandon the narrow-minded internal intention and spend some time thinking about what could have caused the distortion in the mirror.

First, you need to determine the domain of the opposite poles of polarization. If the spokes have been tightened too hard on one side of the wheel, then the spokes on the other side of the wheel must become weaker. Desire for freedom and uncontrollability in Indigo children are 'weakened spokes'. What caused the spokes on the opposite side to become tightened too hard? It is the pressure coming from the people surrounding the Indigos in their attempt to submit the Indigo children to their will.

It turns out that orderliness gives rise to an even greater disorder. What will happen if you continue to tighten the screws? The spokes won't come loose ever again, but ultimately something might break down.

Apparently, *in order to lower polarization, you need to weaken the spokes that have been tightened too hard*. How do you do this? *You should dilute orderliness with a dose of sensible disorder.* There are tons of ways to do this: jump on the bed, bash your partner with pillows or let out strange sounds, shove and push people about, go around on all fours, and basically come up with other ways of getting into mischief.

You could also be on the watch for another member of your family and suddenly jump on him or play a trick on him. At the dinner table, it would be quite useful to smear each other with jam, if there are no cupcakes at hand. Or say it's the summer, and the whole family is camping outdoors, and there's a big muddy pool by the lakeside, well then, luck is truly on your side – you know what needs to be done.

Basically, the more silly things of the 'sensible' kind, the more obedient the child. The cause of this paradox should be clear to you by now.

Orderliness can be ruined just as well with British humor, in which seriousness is driven to absurdity. Generally speaking, having fun, just like being bored, is a state of your soul. We have already talked about the fact that there is no such thing as boredom, but only the eternal need to control reality. This need is an integral quality of the soul.

But why does the soul need to have fun? Well, probably because it feels good to have fun. But why does it feel good? Because humor and fun lower

importance.

It is impossible to control reality when you've got excess potentials blocking the energy of intention and distorting the world mirror.

After all, if you make somebody bend over backwards and tie him up, won't his body feel discomfort? Your soul experiences the same kind of discomfort when it is squeezed in a vice of excess potentials – and they are always there, to a certain extent. The anxious mind is always 'twisting the arms' of the soul.

When fun lowers tension, the soul finds its freedom. And this is why it feels *good* when you're having fun – that is what the comfort of the soul feels like, and it is just as real as any physical sensation.

But in principle, the correction of the mirror can be done without humor too. If your personality is not predisposed towards fun and mischievous tricks, then you simply have to think about where you could weaken the steering wheel. Any coercion, when it is inevitable, should be diluted with freedom of choice. For example: 'Do you want to do the dishes or go to the grocery store?' Even discipline turns into a matter of free will, if it is based on a conscious necessity.

If a grownup is dictating the rule: 'You can't, and that's the end of it', supporting this with the argument 'simply because', then he is not a grownup at all, but a foolish child with power. Wouldn't it be better to discuss the matter as equals and model the situation by the principle: 'What would happen if…?'

Coercion distorts the mirror, and therefore yields the opposite result. In order to remove polarization, you have to re-examine your strategy and move from demonstrating power to winning respect, and replace authoritarianism with trust relationships.

Instead of coercion, the much preferred option would be to make the child want to do what is required of him. To do this, you need only to come up with a way of turning what is a burdensome duty for a child into a method of increasing his significance. Confirmation and strengthening of one's personal significance lie at the basis of motivation of all people, and children in particular. The best tools for interaction with children are the Freiling principles, which have been outlined in the book *Reality Transurfing*.

A tendency towards intuition is yet another trait that should be developed in every possible way. In Indigo children, the right hemisphere of the brain

plays the dominant function. Our education system uses the 'left hemisphere' approach, because its aim is far from developing talents and skills. The system forces children to *study* homework and keep *reporting* without fail. Its intention is not aimed at obtaining knowledge, but at reporting correctly.

This approach uses mainly the left hemisphere and even that in a passive mode. The desire to fill your head with information produces an unambiguous reaction: 'I do not want to!' Knowledge obtained in this way is useless; it can only remain passive in the memory for a short period of time, like cargo in a storage facility, and becomes worthless very quickly – information is forgotten.

Meanwhile, it is very easy to change the situation in education. To do this, you only need to relay the intention of the learner in the opposite direction.

First, you need to change the teaching methodology root and branch: *not learning by heart, but putting learning into practice*. In this case, the brain will work the way it is supposed to – in the capacity of a creator, and not a storage facility.

Second, change the aim of education: *not to report, but to teach others*. Yes, exactly so. There are special schools where children literally teach each other; that is, they take turns to play students and teachers. Students at such schools brilliantly master complex programs in record time – and all of this owing to a more active intention.

In passing, there are only a few schools like that out there and they are very difficult to get into. You would think, wouldn't you, that it would be a great idea to introduce this progressive method all round, seeing how it has proven one hundred per cent effective? But this cannot be done, no matter what!

The thing is that it would be a bad thing for the *structure* – it does not need talents, great people, colorful personalities; it needs industriously working *elements*. So everything is in order – the educational system is pure perfect! It prepares industrious elements and does it in the way demanded by the structure – the world of the pendulum.

But as it happens, even rocks can grow trees, and so even though they're held in the vice of general order, children sometimes grow up to be geniuses. If you want your child to grow up to be such a distinguished exception, put pressure on him by all the means preferred by the system.

And if you truly wish your children well, then whenever you're socializing with them, always pay close attention to the level of polarization that is distorting the mirror and making the child uncontrollable.

Indigo children (and the majority of today's children are just that) possess wonderful qualities, the most important of which is individuality. In the world of pendulums, children have a very tough time preserving this quality in themselves. Therefore, you should always remember the main rule of Transurfing: 'Let yourself be you and let others be different.'

But you shouldn't relax the spokes too much either. All things should be done in moderation. How then do you find the golden mean?

You need to observe, use your brain and use the principle of mirror correction, instead of sticking to your guns. It is in your power to help your children become great people. As for the structure, they will be fully able to fit into the structure all by themselves.

The Maker of Reality

Up till now, we have talked about how to turn your life into a waking dream, and your layer of the world into a cozy little place. Although the mirror principles have a tangible impact on reality, the impact is still rather gentle. Now you are going to become familiar with more powerful methods.

The main Transurfing tool is the goal slide – the visualization of a picture in which the goal has already been achieved. I won't repeat what has been already described in detail in the first book. I'll only remind you of the main aspects. You cannot view the slide as an external motion picture. You must be inside the imagined events: what you are doing when the goal has been achieved, what you are experiencing, how you are feeling, what you can see and what is happening around you. When you're in the middle of the slide, you are imagining yourself having everything you strive for. It is not a technique; there are no strict rules. Do things the way you can. There is only one principle: *You stand in front of the world mirror and shape in your mind the image that you would like to get in reality.*

The goal slide determines the vector of the flow of variants. If you systematically keep playing the slide in your head, the flow of events and circumstances will be aimed at the goal. At the beginning of the path, you do not need to have a well-defined plan and know how it may be realized. You shouldn't think about the means. At the right time the right doors will open – specific paths and opportunities – and you will see them. *You cannot*

set rigorous conditions that determine the way the goal should be achieved. Your task is to focus on the end result.

Apart from the goal slide there is also the visualization of the process; this too has been described in the first book. When you are on your way to your goal, that is, when you already know how it must be realized, and you are doing everything necessary in the physical world, you can speed up the process by visualizing it. The principle here is the following: *I'm making great progress; today I am doing everything better than before, and tomorrow will be better than today.* You could say that this is working the oar in the flow of variants. But the important thing is still the direction of the flow of variants. If you keep a goal slide in your mind, all circumstances are working towards achieving that goal, even if that doesn't seem to be the case.

You can play the slide as much and as often as you want. But you need to do it at least for half an hour every day, if you truly intend to achieve your goal. There are a few specific techniques that work to enhance the effect of visualization.

The first of them is *the energy streams*. A sector in the space of variants is materialized by the means of energy that, while passing through the human body, is modulated by a person's thoughts and turns into the energy of intention. The greater the emission power, the greater the effect. You can amplify the power if you focus your attention on the energy streams. To do this, imagine that from the middle of your body, somewhere in the area of your belly or solar plexus, there are two half-a-meter-long opposing arrows coming out of you. Mentally turn these arrows at the same time, so that the front arrow is pointing up, and the back arrow points down. Such a 'turn of the key' activates the descending and ascending streams. Imagine, without straining yourself too much, that the streams are flowing along your spine in two opposite directions and leaving your body – one up into the sky, and the other down into the ground. Having fixated a part of your attention on the streams, launch the slide and play it to your heart's content. This is best done when you're going for a walk, in a place where there aren't too many people.

The next technique is called a *frame*. Think about what you will enjoy doing when your goal has been achieved. That is, what makes up an integral part of the goal slide? What is its indispensable attribute? For example, you're sitting in a rocking chair by the fireside, or you're behind the wheel

of your yacht, or you're planting roses in the garden of your house, or you're shaking hands with business partners after arranging a good business deal – any characteristic piece of the slide. Play this image in your mind a few times. It should create an integral impression – an instant mold of the slide, containing the flashed image and the accompanying sensation. This is a frame. For convenience' sake, you can give it a short heading. Now, from time to time, turn it on in your memory for a second, as you would turn on a light. Do this whenever you feel like it, again without straining yourself. A frame is yet another string that connects you to the goal sector in the space of variants.

The effectiveness of a frame can be amplified with the help of a so-called *explosive wave*. In your mind, form a frame or simply an image that you would like to manifest in reality. Immediately after, imagine a sphere receding from you in all directions, as if your energy membrane is exploding. The explosive wave extends as far as you can imagine. You can do this several times, until you have had enough. So what is happening in the meantime? You are creating a thought image and are sending it into the world around you. You can be sure that your thought won't disappear without a trace. You just need to keep in mind that the mirror works with a delay.

Another technique is *the external sphere*. Perhaps you were never able to sense your energy membrane and you cannot feel it expanding as it submits to your imagination. This is because you are using internal intention. So now imagine around you a sphere that does not belong to you. Imagine the sphere drawing you. You feel something external to you trying to stretch out your body. Somewhere within the radius of 5 to 7 meters is the invisible front. Try stretching it and tightening it slightly – it will show springy resistance.

Now you've been able to feel the sphere more clearly. That is the line that connects you with the outside world. The inside of the sphere belongs to you, and the outside – the external – does not. And at the same time, the sphere belongs to you as much as you feel it drawing you. Intention has been redirected: the active beginning is no longer inside you, but is external to you.

By way of analogy: if you try to manipulate an object with internal intention, for example, moving a pencil with your willpower, you will get nowhere. Now try imagining the pencil drawing you towards it with

invisible strings. Using this connecting link, you will be able to move it yourself. In exactly the same way, if you force yourself to get up in the air, you will never get off the ground. Imagine the opposite – that the world around you is lifting you up in the air. Perhaps you will be able to see some progress, if you manage to turn internal intention into external. The idea is to cross the line where your desire 'to force the world to submit' turns into 'let the world do it itself'.

It's all very tricky. But we don't really need it for our purposes. It is quite enough to even just sense the presence of an external membrane. Catch this feeling; fixate a part of your attention on it and start playing the goal slide over and over again. The sphere will act as a sort of aerial for thought-energy transmission, which will significantly enhance the effect of the slide.

Another technique is *the reduction of decorations*. Try to reduce all kinds of thoughts that appear in your head to a common denominator of your goal. Thoughts, even voluntary ones, usually align themselves into a logical row, attached to each other. Conclude the logic chain with a fragment of the goal slide. From time to time, simply remind yourself of what you are ultimately striving for. Regardless of what you are thinking or doing at any given moment, return your attention to the goal. Let the slide become a background image – every event, every piece of information must be viewed by you in the context of the background image. This will enable you to shape your layer of the world more effectively, and your intention will materialize in reality.

The surrounding environment can also be adjusted in accordance with what awaits you at the goal. Let's say you are walking in the park and playing a goal slide in your head. Look at the grass and the trees around you through the prism of this slide. You will feel the image transform – the decorations are acquiring new nuances.

You might get the feeling that you are almost virtually already there in your garden. This effect appears as a result of applying the slide to the surrounding environment. A part of your attention is fixed on a sector in the space of variants, where your future garden is located, while your eyes are seeing the physical reality. What's happening is a kind of a transformation of the current reality towards the sector of your goal. At such moments, the manifestation of the image of your thoughts occurs more intensively.

Recall also the time when you were a child, how easy and comfortable life was; the world took care of you. You weren't aware of it back then. You

felt good and that was all. But over time you've started acting up and expressing discontent, which has made the world grow cold towards you. What was that feeling of calm and comfort from your childhood associated with? This association can be made the key for the reduction of decoration, where you feel comfortable and safe. Recall now and again that former cozy and carefree atmosphere, and your world will gradually become friendly and comfortable again.

And then the final technique, especially for the lazy ones: *the goal amalgam*. The main requirement of a successful visualization is that you shouldn't force yourself to do it. If you play the goal slide in your head and you cannot manage to simply enjoy it, but instead you have to push yourself to do it, an excess potential will appear. As a result, equilibrium forces will reduce all your efforts to zero. In that case you are better off abandoning this oppressive obligation and putting the job on the shoulders of your world. Ask your world to take you 'up in its arms'; let it personally see to it that your choice gets realized.

Set your attitude to be the following: *Everything will sort itself out automatically, unbeknownst to me.* By declaring this intention, you set a program for your world, according to which events spontaneously develop in such a way as to get you closer to your goal. So, what happens is that you let go of your grip and let external intention realize your goal. Now you can relax and nevertheless allow yourself to have the pleasure of simply enjoying the goal slide. You are no longer required to work on it – that's the job of your world. While sitting 'in the arms' of the world, just don't forget from time to time to keep reminding the world what you expect to get from it. And, of course, don't have your head in the clouds, but do all the things required on the physical plane to achieve the goal.

Regardless of the technique you're using, always remember that you are not voicing a wish, but expressing a firm intention and viewing the goal as an inevitable finale. If you cannot say 'I have', at the very least say: 'I plan to have.' In order to really and truly intend to get your order, you have to do something specific that will confirm the seriousness of your intention. For example, if you merely wish to get up at a given time in the morning, then you may oversleep. But if you set the alarm, then chances are that you are very likely to wake up a couple of minutes before the alarm goes off.

The idea is to *fix your intention*. You do it every time that you 'knock on wood' or spit over your left shoulder. Any superstition that involves doing a

ritual is based on this principle. For example, to hold on to the timid bird of happiness, people in ancient times would use clover to help them. Whenever a person got lucky, he had to hold an item with a clover image on it, and in a moment of danger he'd do the same thing. The trefoil was also considered an instrument that offered protection from evil forces.

This is not about a certain item having unique qualities and for that reason being able to act as a talisman. The magic power of any object lies in the way a person thinks of that object. If a person becomes instilled with the belief that a talisman or a ritual is able to do magic, he is thereby *fixating his intention*. You can in fact come up with any 'nail' on which to comfortably hang all your intention. But that, as people say, is not for everyone. You do not have to come up with magic rituals, but you should take specific steps, testifying to the fact that you are seriously set on seeing this through. For example, if you want to have your own house, act as if you are about to move: look through adverts and catalogues, choose furniture and home appliances in shops, take an interest in everything concerning moving to a new house, now, this very moment. The fixation of intention is a very effective tool.

The fact that there is a large selection of different ways of enhancing the slide does not mean that some of them are more effective and others are less so. You may use several techniques or choose only one. The criterion of your choice: *the preferred technique for you personally is the technique that you like the most and that you think you are better at*.

By applying these techniques in practice, you cannot go to the extreme, demonstrating either excessive diligence or carelessness. Certain procedures recommend doing visualization with full vigor and passion; others suggest formulating your thought and sending it flying freely, not even give it any more thought, so as not to disturb the realization of the order. As you know, the best way is the golden mean. And so that you won't have to search your mind for its location, make the following principle a rule: *The* way it works for me, that's the way I should do it.

You are perfectly able to develop your own technique and successfully apply it to your life. The important thing is for your soul and mind to agree that you're doing the right thing. You are shaping your reality as a reflection in the mirror. You decide how you should stand in front of the mirror. Create the layer of your world the way it *suits you*. What do I mean by this?

You shouldn't experience mental discomfort when you are doing visualization. External intention will appear only in the unity of the soul and mind. This unity cannot be achieved if you are forcing yourself to do necessary work. You will get nowhere that way, and will simply waste your time.

You should visualize the goal slide exactly the way it suits you, the way it feels good and comfortable, with one single limitation: do not view the slide from the outside, as you would view a painting; instead live in it, at least virtually. Imagine yourself inside the slide, and not outside of it. You can do everything else in whatever way you prefer.

One thing you shouldn't do is put too much effort into it. Just regularly, from time to time, give yourself the pleasure of thinking about your goal, as if it has already been achieved. After all, people like thinking about all kinds of consequences of success. So go ahead and give yourself that pleasure. Do not turn this task into an obligation. By thinking about pleasant things, you are unavoidably moving towards your goal. And by knowing that you are moving towards your goal, you are giving yourself pleasure. You can be certain that if you manage to create this 'closed happy circle', the goal will inevitably be attained.

Regularity is the main requirement of success. You may think it is simply inconceivable, that just like that, with your own thoughts, you are able to shape your reality. But have you ever tried, for the duration of one month, to systematically direct your thoughts towards a goal? Probably not. You are used to letting your thoughts drift. They become diffused in the shape of a formless mass in space; that is why you cannot see any tangible results. Only worst expectations, that is, things that worry you and therefore take up all your thoughts, really do come true.

Imagine the following absurd situation. You've planted an apple tree and seriously hope that apples will appear right away. But since nothing of the sort happens, you lose your patience and walk away, making an impatient gesture towards the tree. All the while, the apple tree really wants to exclaim: 'Why don't you just wait, damn you?!' The same thing happens with a set goal. Reality cannot be shaped with a one-off wish.

You now have all the main techniques for how you can directly influence reality. If you practice them, you will encounter one interesting phenomenon. Let's say that today you enthusiastically and intensively engaged in visualization. Then the following day you will notice something

strange happening to reality. For example, during the day you may see several people with an unusual appearance – too tall, strangely dressed, ugly. People's unexplained irritability may also come to your notice, as conflicts arise out of nowhere. Or something odd happens, like something out of a dream.

These phenomena have the following explanation. The layer of your world in its normal state is moving in the space along the flow of variants, that is, in the least energy-demanding stream – whereas intensive visualization leads to the stream straightening out, and moves the stream towards the goal down the shortest path. The narrow-beam energy of your thoughts carries your separate reality away into the intermediate areas in the space of variants, those which are removed from the normal flow, and in which not everything is optimal and rational. These are the *transit zones*, which you often see in dreams, but which are rarely manifested in reality because they have unnatural scenarios and decorations, and require higher energy costs.

The energy of your thoughts influences reality with force, and the latter becomes deformed, just like the surface of water under the influence of a disturbance. You perceive ripples on the water's surface as a very normal phenomenon. But now you are about to see something breathtaking – *ripples on reality*. All of this means that the observed anomaly is not a coincidence: don't think that the irritability of people on such days has to do with magnetic storms, or that fellows with an odd appearance simply happen to walk the streets now and then. The unusual reality is bursting into the layer of your world as it passes through the transit zones. Ripples appear immediately after an intensive visualization practice. You'll understand what I mean once you see it for yourself. It's quite impressive.

In this way, you can manipulate reality by applying force in a varying degree, depending on the technique used. Basically, in order to turn the layer of your world into a cozy nook, the amalgam alone is quite enough. But if you enable the intention of the Maker in combination with the above-mentioned techniques, you can achieve so much more.

For comparison, imagine a scene where two toddlers are meeting up: one toddler is being pushed in a buggy by his world; the other is walking by himself, hand in hand with his world. The former, as is common among children, proudly declares: 'My world takes care of me!' The other toddler

replies: ‘My world and I are going to get me a toy!’ Do you see the difference?

And one last thing that I’d like to mention. One day I got a letter from a female reader, in which she unwittingly phrased the main idea of the practice:

> I don’t really understand the Transurfing technique, but ever since I’ve changed my outlook on life, I’ve had a firm feeling that everything is going great, and it will only get better. Everything will simply turn out just right.

You may completely forget about techniques of any kind, but if you manage to maintain this integral feeling within yourself, it will be enough. Integration of intention by the formula: ‘I’m doing great and things are going according to plan’, creates a generic image of success, which is what becomes reflected in reality.

So, your abilities are only limited by your intention. Make your reality!

Coordination of the Dream

From the beginning of his life, every person finds himself in a certain situation: I was born in poverty, and I won’t be able to climb out of it; I am forced to make do with whatever is available to me; I have to do the things I am supposed to. Such a situation hypnotizes and captivates you, and you fall into the power of a dream you’re having while sleeping awake, except that the dream is actually happening to you. While you are dreaming this situation, the situation becomes more and more affirmed in the world mirror. That way, you’re not only in the power of your reality, but at the same time maintaining it as it is. The poor become poorer, while the rich become richer.

Do you remember, in the previous chapter, I spoke about the illusion of a dual mirror? It is *the fixation of attention on the reflection* that turns your life into an unconscious dream, where you are entirely in the power of circumstances. Reality dominates you as long as you are spellbound, anxiously watching the events unfold in the mirror. Just the same way, your attention becomes immersed in a movie on a screen; but in life this immersion is much deeper. You are hypnotized by the reflection – it is literally pulling you along in the mirror circle. How do you make your existence go from an unconscious to a conscious dream that you can control? You need to understand one simple thing: in this world there is *you*

and there is the *mirror*. As long as your attention is focused on the reflection, you *remain inside the mirror*. Everything that happens in the mirror happens regardless of you. Your life is like a computer game, where you do not set the rules. Of course, you are allowed to make certain attempts to influence what's happening in the mirror. But you lack the main thing: you do not have the option of leaving the game.

Meanwhile, there is only one thing that keeps you locked up: your attention. You can get out of the mirror. Inside the mirror is the unconscious dream; outside is a conscious dream. Reality is the same on both sides – it is after all a dual mirror. But there, in the Mirror Land, you are not the one controlling reality – it controls you. There you are in the power of the illusion that you can alter the reflection of by touching it with your hands. But such a thing is only possible from this side, where internal intention turns into external. In order to come out, you need to switch your attention from the reflection onto the image. Once you realize that you are standing in front of a mirror, you will get the ability to shape the reality by the image of your thoughts.

Having freed yourself from the illusion, you must, in accordance with the fifth principle, *redirect the train of your thoughts*: from 'don't want' to 'what I want', from 'don't like' to 'what I like', from illness to health, from means to end goal. If you were to observe for a while, you'd notice that everywhere you go you have to accept circumstances and submit to things that seem to you to be inevitable. You are used to perceiving the dream passively, the way it is. At best, you try to withstand events, to stand by your scenario and fight the flow of variants. Meanwhile, all you need to do is to change your attitude – your image in front of the mirror. Once you stop being the prisoner of the game, it will start developing outside of you and according to your will. From being a chip, you will turn into the one throwing the dice.

But now a new rule comes into effect: if you got what you think is an unlucky combination, you need to accept it and proclaim it as lucky. You should abide by this rule if you do not want to find yourself inside the mirror once again. It is not enough to redirect the train of your thoughts – you also have *to switch your mind's control from scenario development to its dynamic correction*. You remain the master of your world as long as you abide by the sixth and seventh mirror principles.

Usually, the mind resists, if the upcoming event does not fit its ideas. Now everything has to be the other way round. Every time your mind shows its displeasure with a scenario mismatch, you need to rouse yourself and readily accept the change: *Everything is going to plan.*

The mind finds it impossible to get used to the thought that at the beginning of the path, when nothing is known, there is no need to worry about the means. It always catches itself thinking how a goal might become realized, and goes through all kinds of negative alternatives. At moments like this you really want to tell your mind: 'Get it into your head, nitwit, it's not your concern! Your task is to fixate my attention on the end goal!'

People stand in the way of letting their plans become realized. When making a wish, the mind is always beforehand trying to draft an approximate plan of how events will develop – that is just the way human thinking works. And when the oncoming events do not fit the scenario, you get the impression that things are not working out. In reality everything is actually going to plan! But since the human mind is used to thinking in clichés, and does not want to introduce any changes to its scenario, people start acting in a way that will ruin everything.

That's the whole paradox. No one can know for sure how events should develop in order for the order to be realized. But if a person nevertheless insists that he knows, then, as a result, things indeed do not work out. Your wishes seem hard-to-get because you are in the power of stereotypes and you are simply not letting these wishes come true. Your doors are locked with stereotype-locks.

Shape the desired image in your thoughts – your goal – and then simply move your feet in its direction. No matter what's happening, it is all happening in order to fulfill your order. Take the Maker's intention for yourself: *Everything is going to plan, because I've decided it will do so.* In my world, I make whatever decisions I want. I am no longer in the power of circumstances, but I am not trying to control them either. By playing the goal slide in my thoughts, I am not shaping the circumstances but the final image of the world, where I intend to live. Trying to influence events is the job for the internal intention of the mind that is trying to uphold its scenario. The mind cannot know what awaits it on the way to the goal. Circumstances are shaped by external intention and the flow of variations. My task is to set the vector of the flow, but what stream it will follow does not concern me.

Imagine: one day you wake up in your mirror dream. Something is happening around you. The events and decorations are ordinary, but you are looking at everything differently, as if you have broken loose from the stream of events and found yourself in the middle of a spherical mirror. The gigantic kaleido-scope is slowly revolving around you, sparkling with the facets of reality. You are a part of this reality and at the same time you exist separately, independently of it. In just the same way, you are aware of your 'separateness' when you wake up in a dream and realize that from now on you determine what happens in the dream, and not the other way round. It's the same with the mirror dream you're having while awake, with the only difference that reality reacts noticeably slower. But the moment you get accustomed to its sluggishness, something amazing is revealed – reality is flexibly changing, following the image of your thoughts. But what does this all mean? What is this place you're in?

You are outside of this world – *you've come out of the mirror*.

Verdict of the Maker

Now, dear Reader, you know everything you need in order to control reality. You won't be able to change the whole world. But a separate reality is at your disposal. Once you have escaped the illusion of the dual reflection and find yourself inside the mirror world, *Eternity* will open up before you, concealing unlimited possibilities within. And there is not a drop of excess theatrics in these words. There are three truly invaluable gifts stored in the space of variants: your future that you are able to manifest, the secret Knowledge that can turn you into a genius, and something else that will simply take your breath away.

You will find out about the latter a little bit later, but first let us speak about the Knowledge. You may think that answers to your questions are known to certain particularly outstanding intellects; that is why you look for the information you need among various sources, that is, you learn from somebody else. And this can go on forever. All you will be doing for the rest of your life is turning to those enlightened ones, who allegedly know what should be done and how it should be done. But why would these people know all of this? Perhaps they've read many books and that's the reason why they're so clever, or maybe they've got a special talent that you haven't? Actually, it's neither.

Imagine that you've come to Earth from a planet far away. Here everything is different, unfamiliar, strange. Members of your team divide up and scatter in different directions. As a result each member makes a discovery. It turns out that you can pick edible mushrooms and berries in the forest, that you can swim and fish in the sea, go skiing in the mountains. There are also different creatures inhabiting the Earth – some are harmless, while others wouldn't mind eating you and your team.

In exactly the same way, mankind is constantly discovering new things. The flow of this knowledge is never-ending. But only a few invent and create things, while others watch in surprise: how did this person manage to come up with that? Maybe he's a chosen one. What makes a person a chosen one?

His goals and doors are a unique path that belongs only to him. As soon as you go down your own path, the treasures of the world will open up before you. And then others will watch you and wonder in amazement – how did you manage that? That's how simple it is.

The paradox is that this simple principle, although it lies on the surface, is nevertheless difficult to grasp. Everyone suspects that in order to achieve new, unconquered peaks of success you need to get out of the line and go your own way, but people continue to persistently follow someone else's footsteps, trying to repeat someone else's success.

Once, when I was a child, my parents took me to the forest for the first time. My father and mother kept finding mushrooms and gladly announced it to the whole forest. But I couldn't find anything and was desperately running back and forth between them, naively assuming that if I just followed one of the grownups, luck would smile at me – because if they are able to find mushrooms, then they know where to go. But it was all in vain. It was only when I went in another direction, on my own, that I finally spotted a really big mushroom. My parents squealed with envy, and I overflowed with feelings of pride in myself – the discoverer.

I understood something at that moment, but did not realize it completely. Later, the world showed me several times that if you turn away from the trodden path that the majority of people follow, and go your own way, you may find treasure. But then, again and again, I kept getting drawn into the general stream, submitting to the herd instinct.

Here the difference between *conscious knowledge* and *being familiar with knowledge* becomes apparent. You may have a hunch about something,

but that won't be of any help. Between a hunch and articulate knowledge lies a whole chasm. The first, in contrast to the second, cannot be used as a blueprint for action, and is therefore of no practical significance. Transurfing, in this sense, is crossing the 't's, turning hunches into articulate phrases – saying what and how things should be done. Namely, at some point, you can stop studying the old and start creating new things. Rather, not even create, but take from the place where all discoveries and masterpieces come from – from Eternity. In order to get access to the information stored in the space of variants, you need to lay the foundation of basic knowledge from the field of interest. Without such a primary foundation, you won't be able to tune into the corresponding sector in the space of variants; in other words, you won't be able to *connect to the database*. As soon as you've learned the preliminaries, you can forget about what you've been taught. From that moment, you are able to make discoveries yourself and create new masterpieces.

A book, a picture, a melody – all of these things are 'pulled out' of the space of variants. You only need to 'catch on' to a sector. Two or three characteristic chords can act as a hook for a melody. One's mood can be a hook for creating a picture. A situation, for a book. In order to write a book, you do not have to come up with a plot – you will discover it later. A complete plot emerges from a situation if you quiet your conceited mind and let the characters find their own way out of the existing situation. There is no need to *make things up* – they are already there; you simply need to calmly follow the flow of variants. Because all things genius are surprisingly simple. And the flow of variants follows a similar, surprisingly simple path – a path that a person is usually unable to come up with.

This approach can even be used to write computer programs or develop technical equipment, without a blueprint, departing from a specific starting point.

Of course, in some cases you cannot do without a project, but in situations where you can nevertheless manage without, at least in a separate area, you should follow the flow of variants – let the conception develop on its own. The mind, in its attempts to plan things in advance, piles up an elaborate design. The flow of variants, in contrast, always generates the most elegant and optimal solution, which later will simply leave you in amazement: how did things work out so well without a thoroughly developed blueprint?

So it is better not to make things up, but to simply do your thing, moving sequentially from start to finish. The starting point in any business is the idea – that's the main thing; everything else will be completed by the flow of variants. You shouldn't invent the idea either. Then where will the idea come from? From exactly the same place. All genius speculations remain in Eternity and get to your mind through the soul. The task of your mind is not to come up with an idea, but to *recognize* it when it drops on your head. And that will definitely happen, if you *step out of the line and go your own way, following the rulings of your heart*.

The soul has direct access to the space of variants, while the mind catches hunches and insights and interprets them subsequently. The mind doesn't have an idea – it is the soul that knows, and you need only turn to it. And you can indeed trust this seemingly unsubstantial statement. There is only one thing in the way, and that's the fact that we're once again talking about vague familiarity with knowledge, rather than a clear awareness of the principle. Everybody kind of agrees that the soul supposedly knows everything, but no one takes it seriously. Everyone passes it by, thinking it's a metaphor, and does not attach any significance to it. People's common sense reasons: 'Of course, there are insights; there is the inner voice, intuition; but these are all things that are shaky, intangible, unreliable. Now my rigorous logic is a whole different matter; it's based on hard facts.'

So, if you've got basic information from a given field, the soul is able to tune into the corresponding area in the space of variants and obtain new Knowledge that you won't read about anywhere else. Ask yourself a question, carefully word it and forget about it for a while. In a few days the answer will come on its own. If it does not, keep asking yourself the same question from time to time. Perhaps the answer will come in a few months' time, but it will come without fail.

The question is only: will there be enough determination to break up the established stereotypes and get out of being controlled by common norms – that is, to *break the pendulum rule*? You need to have the audacity to use your right to the Knowledge, to stop looking for answers to your questions in books written by others. Simply change the direction of your intention: *not to receive, but to create*. How are you different from the authors whose books you are reading? The only difference is that they've changed their direction of intention – they stopped looking and started creating. They

stopped blindly following recognized authorities and had the courage to follow their own path. *You too, take your right to be right!*

And now we've come to what I referred to as the third gift that awaits you in the space of variants.

Try imagining how a person feels when they have the quality of a superstar. Fans see only the things that lie on the surface – the radiance of the person's talent, the brilliance of his fame, his riches. You get the impression that this person is not a simple mortal, but has been given unique virtues. Is such a thing even possible for an ordinary person: to get to the very heights of success and remain there with such confidence that no one dares to challenge your uniqueness?

However, to the chosen one himself all the attributes of his fame are commonplace, or even quite ordinary. He is unlikely to reckon himself among the inhabitants of Mount Olympus, because when he's all alone he is aware of the fact that he is one out of many and is just like anybody else. What then is the difference? What separates a country girl and a show-business star, a timid student and a luminary in science, the ordinary and the chosen ones?

Just one step. They dared to assert their right, while others still cannot bring themselves to do it, and they don't really believe that they are able and worthy. In the consciousness of timid people there is a firm conviction that in this world chosen people exist only because they have been chosen by everybody else for their uniquely outstanding qualities.

In truth that is a false stereotype. *The chosen ones chose themselves*. And only after that and just because of that, everybody else noticed them. Take, yourself, the right to be the chosen one. Tell yourself: *From this moment onwards, I choose myself.* You do not have the right because you are worthy and able, but because you've simply got this right. There is everything in the space of variants, and there is also something, the most important thing, that is only meant for you – *the verdict allowing you to assert your right*. This is your pass to Eternity, an approval of the privilege to make your reality.

All your life you've been tutored and continue to be taught what you should be like, how you should act, what you should read, what you should strive for. Now take your lawful right to set your own canons. You decide what is right and what is wrong for yourself, because you yourself shape the layer of your world. You have the right to define something as true, even

though others consider the same thing to be wrong, as long as it doesn't bring any harm to anyone. *By using your privilege to issue your own verdict, you live according to your credo.*

In our life there are as many opinions as there are people. Some people say it's black, while others say it's white. Who should you believe? Remember that the world is a mirror – it agrees with anyone brave enough to issue his verdict. But you are not a mirror! You are either the person accepting others' verdicts, or a Maker that issues his own. For that reason, the question about what truth to consider as the only genuine truth, what side you should take – the black or the white side – no longer stands. Now you can determine your truth for yourself: *I decided this because I am the Maker of my reality.* And it will work because the space of variants and the dual mirror are at your disposal – everything that is necessary to materialize your plans in reality.

It's so easy, isn't it? There is only one condition: you really need to have the audacity to use your right. The fact of the matter is that if you experience doubts or remorse, then your verdict loses power and you go from being the lawmaker to the one accused. When you doubt, you will do the wrong thing regardless. *It's not about to what extent you're thinking and acting appropriately, but about how confident you are that you are right.* Therefore you need to become very well aware of all this, and get used to it so that the soul and mind can come together in unity. You've got the explanation; the only thing left for you to do is to turn familiarity with knowledge into knowledge. How do you achieve this? Through your own experience. Act and become convinced.

However, you shouldn't assume that the will of the Maker has turned into a dictation by the mind. The verdict only holds true if the soul and the mind are as one. If you don't listen to the voice of your heart, you *do not make reality*; you *make mistakes* instead. There are people everywhere who are doing something hand over fist. For example, someone doesn't have an ear for music or a voice to speak of, but loves to sing. Sometimes you encounter people who obviously lack any talent, but who are convinced that they are stars; however, they never become successful. Why isn't their verdict working? Because they know deep inside that actually things are not working out, but their mind does not want to accept it, so it tries, with all its strength, to prove the opposite. Such people, without any talent, never find

the way out – these are people who are not doing their own thing, but who are walking down somebody else's path.

The third gift provides lots of advantages. The right to issue your verdict – that's freedom from oppressive circumstances, from everything that darkens your life and creates obstacles on your way to the goal. This will help you get calm confidence. *My world takes care of me, and I possess such power that I allow myself the weakness of accepting this attention.*

From the moment you take the right to issue your verdict, you can cast away any judgments that are being forced on you from the outside, such as what is good and what is bad, what is right and what is wrong for your world. This includes Transurfing itself. As long as you do not experience any doubts, hesitation and remorse, and your verdict is not harming anyone.

Finally, I come to my last point. In the space of variants there is everything, and everything that you wish for with your soul and mind is yours. But you should know that there is a Gatekeeper at the gate to Eternity – an absolute law that guards access to everything that's contained there. This unrelenting guard lets in only those who have the audacity to use their right as a Maker. Your verdict acts as the pass: I can and I am able, because that's what I've decided. *I do not want and I do not hope – I intend.* So then, take your right, and the Gatekeeper will open for you the gates to Eternity.

Summary

The accumulation of toxins in your body, excess potentials and unrealized intentions lowers your energy.

In order to free up your energy resources, you have to either get rid of a few potential intentions or launch their realization.

In order for the energy to work, you need to concentrate on the end goal.

Concentration is not about tension but about focus.

Teach yourself to think about what you are doing at the present moment.

You need to systematically fixate your intention on the goal slide.

Stop justifying yourself.

Stop any attempts to confirm your significance.

Maintain the amalgam and abide by the mirror principles.

In order to lower polarization, you need to weaken the spokes that have been tightened too hard.

Techniques of reality control: goal slide, visualization process, energy streams, frame, explosive wave, external sphere, reduction of decorations, goal amalgam, fixation of intention, integration.

The preferred method for you is the one that you think comes with most ease to you.

Do everything the way it suits you.

Regular practice is the main requirement of success.

You have to get out of the mirror.

Having received basic knowledge, change the orientation of intention from 'receive' to 'create'.

Don't try to invent an idea, but know how to recognize it.

Having departing from a starting point, move along the flow of variants.

Take your right to be right. Get out of the formation and issue your verdict – to use your right as a Maker: 'I decided this because I am the Maker of my reality.'

V

THE CURTAIN

Alright, alright, my dear.

Visiting Eternity

Dear Reader!

Our journey into this amazing world of the dual mirror has come to an end. You have familiarized yourself with very ancient Knowledge. It has always existed and was passed on from generation to generation in different shapes and forms. No matter how intricate the interpretations, the essence lies on the surface and looks very simple: you are standing in front of a mirror where the image of your thoughts is being reflected. The mirror effect creates an illusion that the outside world exists independently and is not subject to control. But if you can only get rid of this delusion, reality will start obeying you. Having touched upon this strikingly obvious mystery, you have been to visit Eternity. Now you know: you can always go back there and take everything that your soul and mind desire. The Gatekeeper will let you pass – but only if you present him with your verdict. Beyond these gates a world is waiting for you, where impossible things become possible.

I don’t want and I don’t hope, but I do wish that above all you will have the audacity of a Maker, and let your apples fall into the sky!

GLOSSARY

Importance

Importance occurs when something is given excessively large significance. It is an excess potential in its pure form, during the elimination of which the equilibrium forces create problems for the individual responsible for creating the potential. There are two kinds of importance: internal and external. Internal or personal importance is manifested as an overestimation of one's virtues or shortcomings. The formula of internal importance goes like this: 'I am an important person', or 'I am doing important work.' When the arrow of importance goes off the scale, equilibrium forces go to work – and 'the hot shot' gets a flick on the nose. Those who 'do important work' are also in for a disappointment: their work will either be of no use to anyone, or will be done very badly. There is also a reverse side to it, namely belittling of one's virtues, self-abasement. The magnitude of excess potential in both cases is the same; the difference is only in polarity.

External importance is also artificially created by a person when he attaches too great a significance to an object or an event in the world. This is the formula of external importance: 'This is of large significance to me', or 'It is very important that I do this.' An excess potential is created and the whole thing will go to ruin. Imagine that you need to go across a log that is lying on the ground. Piece of cake! And now you have to walk across the same log, only this time it has been placed between the roofs of two skyscrapers. Walking across the log without falling is of great importance to you, and you won't be able to convince yourself otherwise.

Wave of Fortune

The wave of fortune is formed as an assemblage of life lines that are favorable to you. The space of variants contains all things, including these gold veins. If you find yourself on the outer line of such an irregularity and get lucky, you can glide, under inertia, onto the other lines of assemblage, where new fortunate circumstances will follow. But if after the first success you once again strike a bad patch, then you have been hooked by a destructive pendulum, which has taken you away from the wave of fortune.

Choice

Transurfing offers a fundamentally different approach to achieving your goals. You make a *choice,* just the way you would place an order at a restaurant, without giving a second thought to the means used to fulfill your order. Your *wishes* won't come true. But your *choice* is an immutable law, and it will inevitably be realized. What choice-making is all about would be impossible to explain in a few words. The whole of Transurfing is about what choice is and how to make it.

The Unity of the Soul and Mind

The mind has a will, but is unable to control external intention. The soul is able to sense its identity with the external intention, but does not have a will. It flies around in the space of variations, like an uncontrollable kite. In order to submit external intention to your will, you have to achieve *the unity of the soul and mind*. This is the state in which the feelings of the soul and the mind's thoughts are all of a piece. For example, when you are filled with joyful inspiration, your soul 'sings', while your mind 'rubs its hands with satisfaction'. In this state you are able to create. But it does also happen that your soul and mind find unity in anxiety, fear and denial, and as a result, your worst expectations come true. Finally, if the rational mind is saying the same thing over and over again, while the heart resists, it means that the soul and mind are in discord.

The Riddle of the Watcher

'Everyone is able to obtain the freedom to choose anything he wants. How do you get this freedom?'

People don't know that they can simply get what they want, instead of putting a lot of effort into achieving the same thing. It sounds completely implausible, but nevertheless that really is the way it is. You will learn the answer to this riddle only when you have read the whole of *Reality Transurfing* until the end. Do not try going straight for the last chapter, because you won't understand the answer.

Signs

Guiding signs are those that indicate an upcoming turn in the flow of variants. If there is something approaching that could significantly influence the turn of events, there will be a sign signaling this. When the

flow of variants makes a turn, you cross over onto a different life line. Every line is more or less uniform in its traits. A stream in the flow of variations can cross various lines. Life lines differ from each other by parameters. The changes may be insignificant but the difference is still noticeable. And it is this qualitative difference that you perceive consciously or subconsciously – as if something wasn't quite right.

Guiding signs appear only when there is an initiated transfer onto other life lines. You may not notice separate phenomena. For example, a crow cawed, but you didn't notice. You did not feel a qualitative difference, so you are still on the same line. But if there was something about the phenomena that put you on alert, then it must be a sign. A sign differs from an ordinary phenomenon in that it always signals an initiated transfer onto a considerably different life line.

Excess Potential

Excess potential is a tension, a local disturbance in a uniform energetic field. Such an irregularity is created by thought energy, when great importance is attached to an object. For example, a wish is an excess potential because it strives to attract the desired object to a different place than where it is actually located. The wearisome desire to have what you do not have creates a 'pressure drop' in energy, which gives rise to the wind of equilibrium forces. Other examples of excess potentials: discontent, condemnation, admiration, worship, idealization, overestimation, contempt, vanity, feelings of superiority, guilt, inferiority.

Induced Transfer

Catastrophes, natural disasters, armed conflicts, economic crises all develop in a spiral. First, there is the initiation of conflict, then the unwinding – tensions rise more and more, then there is a culmination point, with emotions raging wild and, finally, a resolution – all of the energy generated by the conflict is dispersed in space, and there is a temporary calm. A whirlpool works in a similar way.

The attention of a group of people gets caught in a *pendulum's noose of capture*. The pendulum starts swinging with increased power, carrying disastrous life lines along with it. You respond to the first push made by a pendulum – for example, you react to a negative event, take part in the

initiation of the conflict and find yourself in the effective area of the spiral, which unwinds and draws you in, like a funnel.

The phenomenon of getting drawn into a funnel is identified as an induced transfer onto a life line, where a person becomes a victim. His response to a pendulum's push and the subsequent mutual replenishment of vibration energy induces a transfer onto a life line that is close to the pendulum's frequency of vibration. As a result, the negative event becomes part of this person's world layer.

Coordination of Importance

Do not attach excessively great importance to *anything*. You are not the one who needs this importance; pendulums do. Pendulums control people, like puppets, with the help of *the strings of importance*. People are afraid to let go of the strings of importance because they are in the power of dependence, which creates an illusion of support and confidence. Confidence is equal to the same excess potential as that of lack of confidence, only with a reverse sign next to it. Consciousness and intention allow you to ignore the pendulum game and get what is yours without a struggle. And when there is freedom without struggle, confidence is no longer necessary. If I am free from importance, I have nothing to defend and nothing to conquer – I just go ahead and calmly choose what I want.

In order to free yourself from pendulums, you have to abandon internal and external importance. Problems and obstacles on your way to reaching a goal also arise as a result of excess importance potentials. Obstacles are held up by a foundation of importance. If you intentionally drop the level of importance, obstacles will collapse by themselves.

Coordination of Intention

The realization of the worst expectations in the lives of people prone to negativism confirms that human beings are able to influence the course of events in his life. Every event on a life line has two branches – one favorable and one unfavorable. Each time you encounter an event, you make a choice about how to treat it. If you view an event as positive, you move onto the favorable branch of your life line. However, the tendency towards being negative makes us complain and choose the unfavorable branch.

As soon as something starts bothering you, a new misfortune follows. And so this is how you get the notion that ‘misfortunes never come alone’. But the train of misfortunes does not follow the original problem, but your attitude towards it. This regularity is shaped by your choice, which you make at the embranchment. By analyzing the level of your tendency towards being negative, you can get an idea of where such a series of negative branches has taken you during your life.

The principle of coordination of intention goes like this: *If you intend to view the seemingly negative change in the scenario as positive, then that is exactly what will happen.* By following this principle, you will be able to achieve the same success in the positive, as negative people achieve in their worst expectations.

Life Line

A human life, just like any other matter motion, is a chain of causes and consequences. A consequence in the space of variants is always situated close to its cause. In the same way as one follows the other, the near-lying sectors in the space of variants assemble into a life line. Scenarios and decorations of the sectors found on the same life line are more or less uniform in their quality. The human life moves evenly along its line until there is an event that introduces a substantial change in the scenario and decorations. Then fate takes a turn and crosses over onto a different life line. You are always on the lines, the parameters of which correspond to your thought emission. By changing your attitude towards the world, that is your thought image, you cross over onto a different life line that has different alternatives for the development of events on your current life line.

Material Realization

The information structure of the space of variants can materialize in certain conditions. Any thought, just as any sector of space, has specific parameters. Thought emission ‘highlights’ the corresponding sector and realizes its variant. This way, thoughts have a direct impact on the course of events in your life.

The space of variants acts as a template. It determines the shape and the trajectory of matter motion. Material realization moves in space and time but variants remain in place and exist forever. Every living being shapes the layer of its own world with its thought emission. Our world is inhabited by

a myriad of living organisms, and each of them makes their own contribution to the shaping of reality.

Pendulums

Thought energy is material and does not vanish completely. When groups of people start thinking in one direction, their ‘thought waves’ are layered on top of each other, and invisible but real energy-information structures – pendulums – are created in the ocean of energy. These structures start developing independently and submit people to their laws. A person that has come under the influence of a destructive pendulum loses his freedom – he is forced to become a peg in a large mechanism. The more people – adherents – feed the pendulum with their energy, the greater the power with which the pendulum ‘swings’. Every pendulum has its own characteristic oscillation frequency. This frequency is often called resonance frequency. If the number of pendulum adherents goes down, the pendulum’s oscillations will start dying out. When there are no adherents left, the pendulum stops altogether and dies as an entity.

In order to pump a human being dry of energy, pendulums hook onto his emotions and reactions: indignation, dissatisfaction, hate, annoyance, anxiety, worry, depressing feelings, disarray, desperation, fear, pity, attachment, admiration, idealization, sugary approval, reverence, rapture, disappointment, pride, swagger, contempt, aversion, resentment, sense of duty, feelings of guilt and so on.

The main danger for a person who has submitted to the influence of a destructive pendulum lies in the fact that any pendulum leads its victim away from the life lines where he would have found his happiness. You have to get rid of goals that have been imposed on you, because in the struggle for these goals you will move further and further away from your path.

A pendulum, by nature, is an egregore, but that is far from the whole truth. The idea ‘egregore’ concept does not reflect the entire complex of nuances of human interaction with the energy-information entities.

Intention

Intention can be roughly described as the *determination to have and to act*. It is your intention that becomes realized, and not your wish. Wish for your arm to be lifted. The wish is shaped in your thoughts: you are aware of

the fact that you want to lift your arm. Does your wish lift your arm? No, a wish on its own does not perform any action. Your arm will get lifted only when the thoughts about your wish have finished working and there is only the determination to act left. Perhaps the determination to act is what lifts your arm? No, it's not that either. You made a final decision that you will lift your arm, but it is yet to move. What then lifts your arm? How does one determine what comes after determination?

And here we see the mind's helplessness in providing an intelligible explanation to what intention really is. Our definition of intention as the determination to have and to act demonstrates only a foreplay to the power that actually executes the action. We can only state the fact that wishing and determination do not lift an arm, but intention does.

Intention is divided into *internal and external.* Internal intention implies an active influence on the world – this is *the determination to act.* External intention is the *determination to have,* when the world submits to the will of an individual. Internal intention is focusing your attention on the process of moving towards a goal. External intention is focusing your attention on the goal being realized by itself. With internal intention you *achieve* your goal, while with external intention you *chose* your goal. Everything to do with magic and paranormal phenomena belongs to the field of external intention. Everything that can be achieved within the limits of an ordinary worldview is achieved with the power of internal intention.

Dependence Relationships

Dependence relationships are identified by statements of conditions such as: 'If you do this, then I'll do that', 'If you love me, then you'll drop everything and follow me to the end of the world', 'If you won't marry me, then you don't love me', 'If you praise me, then I am your friend', 'If you won't give me your toy shovel, I'll chase you away from the sandbox'.

When love transforms into a dependence relationship, you inevitably get *polarization* and the balance is disturbed. Unconditional love is love without the right to have and hold; it is admiration without worship. In other words, a feeling like that does not create dependence relationships between the one in love and the object of his love.

The balance is also disturbed when one thing is compared or contrasted to another: 'We are this way, and they are different!' For example, national pride: in comparison to which nations? Feelings of inadequacy: in

comparison to whom? Or being proud over oneself: in comparison to whom?

Wherever there is contrasting taking place, equilibrium forces will inevitably go to work. Their action is either aimed at 'pulling apart' the subjects of conflict, or uniting them – in mutual agreement or a confrontation. If you are the one creating polarization, then the action of equilibrium forces will be primarily aimed at you.

Polarization

You get excess potentials when you attach excessively great importance to certain qualities, whereas dependence relationships are formed between people when they start comparing and contrasting themselves to each other, setting conditions that go like this: 'If you do this, I'll do that.' On its own, an excess potential is not so terrible, while the distorted appraisal exists irrelatively, on its own. But as soon as the artificially overestimated appraisal is put in comparison to another, you get *polarization*, which gives rise to the *wind of equilibrium forces*. Equilibrium forces strive to eliminate the polarization that has arisen, and their activity is in most cases directed against the person responsible for creating this polarization.

The Space of Variants

The space of variants is *an information structure*. This infinite *field of information* contains every possible *variant* of all events that can ever take place. You could say that the space of variants contains everything that was, is and will be. The space of variants acts as a template, a coordination grid of matter motion in space and in time. The past, as well as the future, is stored there in a fixed state, as if on a reel of film, while the effect of time is only manifested as a result of one individually moving frame, where the present pops up.

The world exists simultaneously in two forms: the physical reality that you can touch with your hands, and the metaphysical space of variants that lies beyond the limits of perception but is just as objective. However, it is theoretically possible to access this field of information. That is where we get intuitive knowledge and clairvoyance from. The mind is unable to create anything fundamentally new. It is only able to assemble a new version of a house out of old bricks. The brain does not contain actual information but something resembling addresses to the information stored in the space of

variations. All scientific discoveries and masterpieces of art are obtained by the human mind from the space of variants through the medium of the soul.

Dreams are not illusions in the usual sense of the word. The mind is not imagining its dreams – it really does see them. The things we see in reality are realized variants. In dreams, we are able to see the things that were not realized, that is, we see plays with virtual scenarios and decorations. Dreams show us what could have happened in the past or in the future. Dreams are the journey of the soul in the space of variants.

Equilibrium Forces

Anywhere where there is an excess potential, equilibrium forces appear, aimed at eliminating this excess potential. The potential is created by human thought energy, when a person gives excessively great importance to an object.

For instance, let's compare two situations: you are standing on the floor in your house, and then on the edge of an abyss. In the first case you aren't worried one bit. In the second, the situation is of greatest importance to you: make one incautious movement, and the outcome will be fatal. On the energy level, the fact that you are standing is of the same significance in the first and in the second case. But, when standing above an abyss, you build up tension with your fear, and thereby create an irregularity in the energy field. As a result, equilibrium forces arise, aimed at eliminating this irregularity. You may even get a physical sensation of their activity: from one side, an inexplicable force is pulling you down, and from the opposite side it draws you back, away from the edge. After all, in order to eliminate an excess potential of your fear, equilibrium forces will either have to pull you away from the edge, or throw you down into the abyss and get it over with. This very same activity is what you experience while standing on the edge of an abyss.

The actions of equilibrium forces aimed at eliminating excess potentials create the lion's share of your problems. The insidiousness of equilibrium forces lies in the fact that people often get the result completely opposite to their intention. And at the same time, it's totally unclear what is actually happening. This is where you get the feeling that there is some inexplicable, evil force at work, a 'sod's law' of sorts.

A Sector in the Space of Variants

Any point in the space of variants has its own *variant* of one event or another. To make it easier to understand, think of like this: each variant consists of a *scenario and decorations*. Decorations are the external appearance or the form of a manifestation, and the scenario is the path along which matter moves. For convenience' sake, you could break up the space of variants into sectors. Each sector has its own scenario and decorations. The greater the distance between sectors, the greater the difference between scenarios and decorations. The fate of any individual is also represented by a myriad of variants. Theoretically, there are no limits to the possible turns in a person's fate, because the space of variants is infinite.

Slides

Our idea of ourselves and of the world around us is often far removed from the truth. Our view is distorted by our *slides*. For example, some of your shortcomings make you anxious and you feel inadequate as a result. Therefore, you believe that other people don't like them either and they disapprove of them. So, when you interact with people, you insert the inferiority complex slide into your 'projector' and see everything in a distorted light.

A slide is a distorted image of reality in your head. As a rule, a negative slide gives rise to the *unity of the soul and mind*, and therefore becomes materialized in reality. Our worse expectations come true. Negative slides can be transformed into positive and you can make them work for you. If you intentionally create a positive slide, it will be able to transform the layer of your world in a surprising way. The goal slide is an imaginable picture where you can see yourself having already achieved your goal. Systematic visualization of the slide leads to the manifestation of the corresponding sector in the space of variants.

Layer of the World

Every living being, using thought energy, materializes a specific sector in the space of variations and creates its personal layer of the world. All these layers are put on top of each other, and hence, every living being makes his personal contribution to the shaping of reality.

A human being, with his or her experience of the world, creates an individual layer of the world – a separate reality. This reality, depending on the person's attitude, bears one or another undertone. Figuratively speaking,

your attitude sets certain ‘weather conditions’: morning freshness in the glow of the sun, or cloudy with pouring rain; or sometimes there is a hurricane raging, or a complete natural disaster.

Individual reality is shaped in two ways: the physical way and the metaphysical way. In other words, you build your world with your actions and thoughts. Mental images play a dominating role in this, because they create a significant part of the material problems that you have to struggle with most of the time. Transurfing is concerned exclusively with the metaphysical aspect.

The Flow of Variants

Information lies static in the space of variants, in the shape of a matrix. The information structure is organized into interconnected links. Cause-and-effect relations give rise to the *flow of variants*.

The anxious mind always gets pushed around by pendulums, and so attempts to tackle all problems by trying to keep the situation under control. In most cases, the mind’s volitional decisions are pointless water slapping. The majority of problems, especially small ones, get solved on their own, if you do not interfere with the flow of variants.

The main reason why you shouldn’t actively resist the flow is that in doing so you are wasting lots of energy and, in some cases, to your own detriment. The flow moves along the way of least resistance, and therefore contains the most effective and rational solutions to problems. Resisting the flow, on the contrary, creates lots of new problems.

The powerful intellect of the mind is of no use, if the solution already exists in the space of variants. If you don’t interfere and just let the flow of variants run its course, the solution will come on its own, and it will be the most optimal solution at that. Optimality is already a part of the structure of the information field. The space of variants contains everything, but the least energy-consuming options are most likely to become realized. Nature does not waste energy in vain.

Transurfing

I didn’t come up with the word ‘Transurfing’; it dawned on me from the very same place where I got all the other terminology and the contents of the book as a whole. Until recently I too did not understand its meaning. In this case, it isn’t even clear how to adapt associations to it. The meaning of

this word can be interpreted as ‘gliding through the space of variations’, or ‘the transformation of a potentially viable variant into reality’, or ‘crossing over life lines’. But in the general sense, if you are doing Transurfing, then you are balancing on the wave of fortune. Transurfing is pronounced the way it is written. (If anyone likes pronouncing it the English way, be my guest. Just keep in mind that the sound ë [yo] does not exist in the English language.)

Freiling

Freiling is an effective method of building human relationships, which is an integral part of Transurfing. The main principle of Freiling can be worded in the following way: *Give up the intention to get, replace it with the intention to give, and you will get what you gave up.*

The effect of this principle is based on your external intention using the internal intention of your partner, without infringing upon his or her interests. In the end, you get from the person what you couldn’t obtain through the usual methods of internal intention. Using this principle, you will reach impressive results in your personal and business relationships.

Doors and Goals

Everyone has their own *path* where they will find true happiness in this life. Pendulums force alien goals onto you, which lure you with their prestige and inaccessibility. By chasing after false goals, you either won’t achieve anything, or having achieved it, you will realize that you didn’t need it in the first place.

Your goal will turn your life into a feast. Achieving Your goal will bring about the fulfillment of all your other wishes, and the results will be beyond anything you imagined. Your door is the path that will bring you to Your goal.

If you are going towards Your goal through Your door, then there is no one and nothing on earth that can stand in your way, because the key to your soul is a perfect fit to the lock of Your path. No one can take what is yours. The only problem is to find Your goal and Your door. Transurfing teaches you how to do this.

Note

1. Steinholdt, Y. (2004), Rock in the Reservation: Songs from the Leningrad Rock Club 1981–86 (1st edition). www.hum.uit.no/a/steinholt/RiRmmmsp.pdf (source not in original text; added by translator).

BOOKS

O is a symbol of the world, of oneness and unity. In different cultures it also means the "eye," symbolizing knowledge and insight. We aim to publish books that are accessible, constructive and that challenge accepted opinion, both that of academia and the "moral majority."

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